



Issue #24 | Friday, November 27, 2020

GAMYU

Newsletter of the Hualapai Tribe

Special points of interest:

- HTUA Meeting has been rescheduled to a virtual event via Zoom on Monday, November 30th at 9:00AM at the Hualapai Planning Department. Call Kevin at 928-769-1310 for more details.
- Proposed Community Scale Solar Array at GCW Survey, page 27
- Hualapai Tribe Rental/Utility Assistance Program, page 31



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***** UPDATED *****
PUBLIC NOTICE
RED ALERT
STATUS
 AS OF 10AM ON 11.24.20
LOCKDOWN WILL GO
INTO EFFECT ON
WEDNESDAY, NOVEMBER
25, 2020 AT 8PM



For more information call ICT
(928)769-0001,0002 or 0003



INCIDENT COMMAND TEAM

OFFICE HOURS: 8:00 AM - 5:30 PM

IN CASE OF AN EMERGENCY YOU CAN CALL

EMS DISPATCH (928) 769-2205

OR

HUALAPAI POLICE DEPARTMENT (928) 769-2220



Our priority is the safety and health of Hualapai Tribe. The Incident Management Team along with all of tribal departments and Indian Health Services are working together to prepare and respond to COVID-19 cases.



PRESS RELEASE

COVID-19 UPDATE AS OF 11.25.20

161	TOTAL CASES	4	NEW POSITIVE TEST
13	TOTAL DEATHS	25	POSITIVE
123	TOTAL RECOVERIES	2390	TOTAL TESTS

We encourage community members experiencing symptoms to call the Peach Springs Indian Health Clinic at (928) 769-2900 to schedule an appointment and then call the Hualapai COVID-19 Response Team Public Information Officer to schedule transportation. If you feel more severe symptoms, such as shortness of breath, please call EMS at (928) 769-2205.

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT THE PUBLIC INFORMATION OFFICER
TELEPHONE: (928) 769-0001, 0002, 0003. WEBSITE INFORMATION:
WWW.HUALAPAI-NSN.GOV

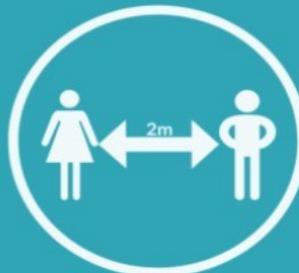
Remember...We are Hualapai Strong!



Wash your hands



Cover your cough



Practice social distancing



Stay home if you are sick



HUALAPAI TRIBAL COUNCIL

P.O. BOX 179 • PEACH SPRINGS, ARIZONA 86434 • 520-769-2216

The Great Spirit created Man and Woman in his own image. In doing so, both were created as equals. Both depending on each other in order to survive. Great respect was shown for each other; in doing so, happiness and contentment was achieved then, as it should be now.

The connecting of the Hair makes them one person; for happiness or contentment cannot be achieved without each other.

The Canyons are represented by the purples in the middle ground, where the people were created. These canyons are Sacred, and should be so treated at all times.

The Reservation is pictured to represent the land that is ours, treat it well.

The Reservation is our heritage and the heritage of our children yet unborn. Be good to our land and it will continue to be good to us.

The Sun is the symbol of life, without it nothing is possible - plants don't grow - there will be no life - nothing. The Sun also represents the dawn of the Hualapai people. Through hard work, determination and education, everything is possible and we are assured bigger and brighter days ahead.

The Tracks in the middle represent the coyote and other animals which were here before us.

The Green around the symbol are pine trees, representing our name Hualapai - PEOPLE OF THE TALL PINES -

November 25, 2020

This a notice to community members about Gaming Assistance.

I will be accepting phone calls and online applications ONLY during the 14 day lockdown.

If you have a current bill on-file, it can be processed with amount requested through you. If not, you can call your provider to have them email to gaming@hualapai-nsn.gov, jpowskey5@hualapai-nsn.gov or fax to (928)769-2343. You can also forward pictures of bills to the above emails.

Please note that Forestry has no wood until further notice.

Please stay safe and Happy Holidays.

Joyce Powskey

Gaming Clerk

Hualapai Tribe – Finance

XC: Wanda Easter

Hualapai Tribe

Finance Director



Summary

The Market will undertake delivery service to community residents in the absence of the ability to leave their homes in the event of a lock down / shutdown within Peach Springs. This will permit residents to supplement their needed staple items for an indefinite period of time through a telephone order and delivery service to their front doors.

Ordering

Orders must be phoned into the market 7 AM each day for processing and packaging. At this stage a total will be provided for the items and payment method established. At this time the address will be taken, and delivery instructions will be provided. Last phone call order will be at 5 pm.

Minimum Orders

Due to the manpower and travel required a minimum order of **\$15.00** is mandatory.

Delivery Service

Deliveries will take place by a market employee and a GCRC vehicle, they will continue until all orders are completed.

Payment Options

The option to utilize credit cards, cash and EBT are available to community members.

Credit card payments will be processed at the point of ordering and a receipt provided with their order.

Cash payments will be taken utilizing the minimum \$15.00 order with the delivery driver able to provide change to the resident.

EBT payments will be handled as usual at the market.

Delivery Procedures – Driver

The driver / delivery individual will be wearing gloves and a mask at all times.

Market Staffing

During this time the market will be closed to outside visitors with signage stating the market is closed for Delivery Service only.

Two people will be required at all times to take orders and fill the orders with one person minimum assigned to for delivery while the other staff member remains behind to take phone orders.

Accounting Procedure – INTERNAL

All itemized items to be entered into Truno at the point of sale for inventory purposes.

Closing procedures remain the same.

All transactions will be posted at the end of the day utilizing existing closing procedures vetted by accounting.

Signage

Signage on the front door stating the store is closed and delivery service is available only with the number to call.

Marketing

Immediate notification of Public Affairs and social media along with radio announcements (TBD).



C. Lana Lee
Manager
Walapai Market
Grand Canyon Resort Corporation
(928)769-1500
P.O. Box 359/16500 Hwy 66
Peach Springs, AZ 86434
www.grandcanyonwest.com

Closure of Diamond Creek Road to begin Tuesday, November 24th

Submitted by: Phil Wisely | Hualapai Public Services



**HUALAPAI PUBLIC SERVICES DEPARTMENT
PEACH SPRINGS, ARIZONA**

November 19, 2020

To: Hualapai Community, Hualapai Tribal Council

RE: Closure of Diamond Creek Road and Diversion of Traffic to Highview Road

Diamond Creek Road will be closed for construction of a speed hump and traffic table near the Peach Springs Elementary School. This closure will begin on Tuesday, November 24, 2020 and will end upon completion of the project. Completion is estimated to be three weeks from the closure date depending upon weather conditions and the availability of asphalt. There will be no through traffic, but local residents will retain access to their properties,

Traffic normally using Diamond Creek Road for ingress to and egress from the community will be diverted to High View Road near the juvenile detention center.

Sincerely,

Philip G. Wisely, P.E.
Hualapai Public Services Director



Diamond Creek Road Closure

Road Closed Ahead

Road Closed

Speed Hump/Crosswalk

Legend

-  Peach Springs School
-  Road Closed
-  Road Closed Ahead
-  Speed Hump/Crosswalk
-  The Church of Jesus Christ of Latter-day Saints



200 ft



Diamond Creek Road Speed Table



High View Traffic Control Point

Road Closed

Traffic Control Point

Road Closed Ahead

Legend

- Road Closed
- Road Closed Ahead
- Traffic Control Point

NOTICE OF DETOUR

Diamond Creek Rd is
CLOSED to all Traffic due
to road work. Please use
entrance by Hualapai
Juvenile Detention Center
to Enter and Exit Upper
Peach Springs area.

For more information please contact ICT
928-769-0001,0002 or 0003
Email: ict@hualapai-nsn.gov

From the Hualapai Incident Command Team

PUBLIC ANNOUNCEMENT

**FOOD SALES
ARE NOT
PERMITTED**

in our community. Due to that we are still in a
Pandemic and according to CDC guidelines.

Please call ICT (928)769-0001, 0002, 0003 for more
information



COMMUNITY NOTICE

Hualapai Lodge ATM is currently unavailable.
Please use ATM at the Walapai Market for
cash transaction only.

**Reminder Walapai Market ATM DOES NOT
take any form of DEPOSITS.**

Thank you!

HUALAPAI TRIBAL COUNCIL
RESOLUTION 38-2020
OF THE GOVERNING BODY
OF THE HUALAPAI TRIBE OF THE HUALAPAI RESERVATION

Amendment to Hualapai Quarantine (Lockdown)

WHEREAS, the Hualapai Tribe is a federally recognized Indian Tribe located on the Hualapai Indian Reservation in Northwestern Arizona; and

WHEREAS, the Hualapai Tribal Council has the power to represent the Tribe and act in all matters that concern the welfare of the Tribe pursuant to Article V(r) of the Hualapai Constitution; and

WHEREAS, the Hualapai Tribe declared a State of Emergency in connection with COVID-19 on March 17, 2020; and

WHEREAS, the Tribal Incident Command Team (ICT) has prepared an Emergency Measure Order's listed below to protect the Hualapai community by limiting exposure to COVID -19 and to limit community movement;

WHEREAS, the Hualapai Tribal Police Department, and authorized commissioned officer are to issue citations and implement Section 6.92 "endangerment" (Tribal Resolution 26-2020) shall be as a civil sanction;

WHEREAS, the intent of the orders listed below are to limit COVID-19 spread and protect the Hualapai community. This resolution is necessary and compelling. All offenses are consecutive, beyond the 3rd offense the 3rd offense will continue to apply. The orders are listed below which coincide with offenses.

NOW THEREFORE BE IT RESOLVED; the Hualapai Tribal Council enacts Hualapai Reservation Quarantine (Lockdown) in response to the COVID-19 and shall remain effect until further notice;

BE IT FURTHER RESOLVED, The intent of a reservation lockdown is to continue limiting community movement, increase restrictions and eliminate access to/from the Hualapai reservation for the health and safety of the people. The lockdown will be imposed within a minimal 12-hour notification from the Incident Command Team and will include the duration, curfew hours, reminded rules, and penalties below.

Rules

Exempt

- Tribal Officials
- Medical (dialysis, doctor appointments, etc.) require clinical note/letter
- All essential employees, require a letter with official letterhead that includes the employees name, director signature, phone number for verification, and duration (Ex. May 10th – 14th). Employees are on call at Directors discretion.
- Elementary, Elderly, and Head Start meals
- Emergency Services (Hualapai Nation Emergency Services, Forestry Wildland Fire Interagency, Hualapai Tribal Police/County/DPS, Hualapai Game & Fish)
- Hualapai Tribal Courts
 - Prosecutors & Public Defender
- Hualapai Adult/Juvenile Detention Center
- Grand Canyon Resort Corporation: Grand Canyon West, Hualapai River Running, Walapai Market, open through ICT discretion
- Bureau of Indian Affairs
- Indian Health Services
- Mohave Electric
- Indian Energy & Ferrell Gas
- Commercial Fuel (Walapai Market)
- BNSF
- Lhoist North America (Chem. Star)
- Burial Service, collaborate with the ICT
- Deliveries: Postal services (FedEx, UPS, etc.), St. Mary's Food Bank, Shamrock, donations for the families impacted by COVID-19, etc.
- Rt. 18 access for Havasupai and Boquias Ranch
- Diamond Bar, Buck & Doe, Indian 18, and Diamond Creek limited access for essential & emergency personnel only
- Incident Command Team – General Staff
- Cattle Districts will be closed, except to feed and water necessary livestock every other day. (Ex. 4-H, corralled livestock)
- Tribal contractors and permit holders (Ex. Wood cutters) will stop for the lockdown duration.
- Rt. 66 will remain open for non-local traffic (public pass through only)

Non-Exempt

- Current contractors
- Hualapai Transportation

- Education packets will not be delivered or picked up
- Holiday gatherings closed until further notice

Other

- Due to this crisis, it is necessary for Tribally Commissioned Officers to search vehicles due to the necessity and compelling impacts of COVID-19.
- All Hualapai community members are required to stay within their property boundary during the lockdown, except in the event of an emergency

Failure to abide by the Hualapai Reservation Lockdown penalties will apply below.

Offense 1: Shall be subjected to a mandatory 30-days of imprisonment

Offense 2: Shall be subjected to a mandatory 60-days of imprisonment

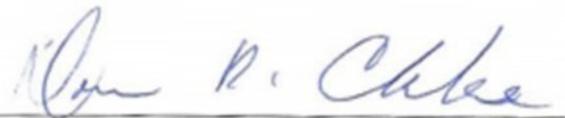
Offense 3: Shall be subjected to a mandatory 90-days of imprisonment

All community members are required to wear protective barrier in public to help prevent further spread of COVID-19.

NOW THEREFORE, BE IT RESOLVED, the Chairman or the delegation of authority to the ICT is authorized to implement such measures.

CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal Council of the Hualapai Tribe is composed of nine (9) members of whom (9) constituting a quorum were present at Special Council Meeting, thereof held on this 27th day of May, 2020; and that the foregoing resolution was duly adopted by the affirmative vote of (6) approve, (2) opposed, (0) not voting, (1) excused, pursuant to the authority of Article V, Section (a) of the Constitution of the Hualapai Tribe approved March 13, 1991.



Dr. Damon R. Clarke, Chairman
Hualapai Tribal Council

ATTEST:



Shanna Salazar, Administrative Assistant
Hualapai Tribal Council

**HUALAPAI TRIBAL COUNCIL
RESOLUTION NO. 54 -2020
OF THE GOVERNING BODY OF THE
HUALAPAI TRIBE OF THE HUALAPAI RESERVATION**

Color Coding COVID19 Alert System

- WHEREAS,** the Hualapai Tribe is a federally recognized Indian Tribe located on the Hualapai Indian Reservation in Northwestern Arizona; and
- WHEREAS,** the Hualapai Tribal Council has the power to represent the Tribe and act in all matters That concern the welfare of the Tribe pursuant to Article V (r) of the Hualapai Constitution; and
- WHEREAS,** the Hualapai declared a State of Emergency in connection with COVID-19 on March 17th, 2020; and
- WHEREAS,** The Tribal Incident Command Team (ICT) has prepared an Emergency Measure Order's listed below to protect the Hualapai community by limiting exposure to COVID-19 and to limit community movement; and
- WHEREAS,** The Hualapai Tribal Council Passed Resolution 18-2020, with necessary measures to fulfill the mission of COVID-19 mitigation; and
- WHEREAS,** The Hualapai Tribal Police Department, and authorized commissioned officers are to Issue citations and implement Section 6.92 "endangerment" (Tribal Resolution 26-2020) Shall be as a civil sanction:
- WHEREAS,** The Incident Commander shall notify the Tribal Council to any escalation or de-escalation event
- WHEREAS,** the intent of the orders listed below are to limit COVID-19 spread and protect the Hualapai community

THEREFORE IT BE RESOLVED,

The Hualapai Tribal Council gives the authority to determine the following, of escalating and deescalating COVID-19 Response based on a Color Coding Alert System to the Incident Commander of the ICT to negate the impacts of COVID-19 to preserve public health to the greatest extent possible and to slow the spread of COVID-19.

The Color Coding Alert System to escalation and de-escalation shall be determined based on following specific to the Hualapai Reservation, and shall be applicable three (3) days after determination of the escalating or deescalating COVID-19 Response.

Color Coding Alert System does not cease or replace prior resolutions in regards to COVID-19 Response and Protection of the Hualapai Reservation, the color coding alert system identifies the escalating and deescalating of the COVID-19 Response.

Escalation and de-escalation determination shall be as follows:

Color Coding COVID19 Alert System:

Red Alert: COVID Pandemic still active, COVID 19 Community Spread is evident through contact tracing. 14 Day Lockdown of the Hualapai Reservation Implemented regarding Resolution 38 to slow the spread of the virus. Households placed on Isolation-Quarantine status until determined recovered from the virus, Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

If statistical data indicates continued growth of Community Spread, lockdown shall be extended to, and shall not exceed 21 days total.

Lockdown shall temporarily prohibit all activities, to include non-essential tribal employees working. Essential and non-essential employment shall be at the discretion of the tribal council or department head.

Orange Alert: COVID-19 Pandemic still active, COVID-19 case(s) on the Hualapai Reservation with no community spread according to Contact Tracing. Households placed on isolation-quarantine status until determined recovered. Stay at Home Order as per resolution 36-2020 remain in effect for a period of time while COVID-19 virus is active on the Hualapai Reservation until determined no COVID-19 Cases are actively being monitored. Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 virus.

Stay at Home Order in effect, limited access shall be allowed on the reservation to only essential functions including work, financial obligations, school, legal and legislative matters, and a curfew order shall be in effect from the hours of 8PM to 5AM daily.

While the Stay at Home Order is in effect, persons entering and exiting the reservation are subject to visual inspection at inspection points located throughout the reservation when entering or leaving and shall limit their travel through the inspection station to 2 trips per day for essential matters only. Persons are limited to only persons from the same household within a vehicle while traveling.

Blue Alert: COVID-19 Pandemic still active. No active COVID 19 cases on the Hualapai Reservation. No Community Spread. Curfew from the hours of 8pm to 5am daily to slow the spread of the COVID-19 Virus. Limiting travel off the reservation is discouraged to help control the virus and limit travel for essential needs. All CDC guidelines followed for precautions to avoid the virus.
i.e. properly wearing a Face masks, properly washing hands, sanitizing and social distancing.

Green Alert: COVID 19 Pandemic Ceased, lowest risk, Vaccine available.

THEREFORE IT BE FURTHER RESOLVED,

Fines and penalties shall apply for persons that violate following:

Stay at Home Order

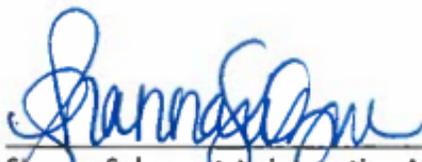
Lockdown

Isolation/Quarantine

CERTIFICATION

I, the undersigned as Chairman of the Hualapai Tribal Council hereby certify that the Hualapai Tribal council of the Hualapai Tribe is composed of 9 members of whom eight (8) constituting a quorum were present at a Regular Council Meeting held on this 4th day of September, 2020, and that the foregoing resolution was duly adopted by a vote of 8 approve, 0 not voting, 1 excused; pursuant to authority of Article V, Section A, of the Constitution of the Hualapai Tribe approved March 13, 1991.

ATTEST:



 Shanna Salazar, Administrative Assistant
 Hualapai Tribal Council



 Dr. Damon R. Clarke, Chairman
 Hualapai Tribal Council



Hualapai Tribal Forestry & Wildland Fire Management

1130 Mesa View Dr. • Peach Springs, Arizona 86434 • 928-769-2312

Fuel Wood Harvest

Hualapai community members fuel wood is open for harvest which safety is a priority for all harvesters. Due to COVID-19 we abide by the Tribal Resolution 19-2020 in regards to CDC recommendations. Below is a list of recommended safety concerns and rates. All “free-use” and “commercial” permits/contracts are to be picked up at Tribal Forestry M-F 0800-1200.

Safety Tips

- Practice CDC recommendations in regards to COVID-19
- Notify your household members regarding harvest date, specific cutting location, estimated time to return, identify cell service (good service or limited), and the individuals of your harvesting group
- Equipment
 - Inspect vehicle & trailer lights, brakes, tires, adequate vehicle fluids
 - Chainsaw adequate fluids (gas/mix/oil), additional chain, personal protective equipment hard hat, eye safety, chaps, gloves, and long sleeve shirt

Tribal Member Rates

Wood Product	Stumpage	Plus Admin. Rate	
Fuelwood (Juniper, pinyon, live/dead)	\$2.50/cd	\$1.00/cd	\$3.50/cd
Fuelwood (ponderosa pine - dead only)	\$2.50/cd	\$1.00/cd	\$3.50/cd
Thinning Slash (Ponderosa), posts	\$0.01/ft	\$1.00/500*	Various
Fuelwood (oak - dead only)	\$4.00/cd	\$1.00/cd	\$5.00/cd
Live pine poletimber (5.5 DBH to 8.9 DBH)	\$4.00/cd	\$1.00/cd	\$5.00/cd
Live sawtimber (> 9.0 DBH)	\$35.00/MBF	\$2.00/MBF	\$37.00/MBF
Fence Stay (2" x 6' or 3" x 5')	\$0.05/ea	\$0.00	Various
Juniper Posts (>8')	\$0.04/ft	\$1.00/500*	Various
Juniper Poles (>8')	\$0.06/ft	\$1.00/500*	Various

Notes

All purchases >\$10.00 (no cash or personal check) Money Orders Only

* = linear foot

Conversion Factors	500 linear ft. = 1 cord	
	128 cu.ft. stacked wood = 1 cord	
	75 cu.ft. solid wood = 1 cord	



Hualapai Tribal Forestry & Wildland Fire Management

1130 Mesa View Dr. • Peach Springs, Arizona 86434 • 928-769-2312

PUBLIC NOTICE

November 19, 2020

CHRISTMAS TREES

Tribal Members are allowed to cut their own Christmas Tree on the Reservation. Please come to the Tribal Forestry Office to obtain a FREE USE permit (no fee) during our regular business hours for issuing permits: 8:00 a.m. to 12:00 noon.

*Please note that we may be closed during upcoming holidays.

Tree harvests will be limited to Pinyon or Juniper woodlands and 1 TREE per household.

*If you will be taking your harvest off of the Reservation, you will be required to obtain a HAUL TICKET for transporting. These are available at our **old Forestry Office** outside of the Wildlife Game & Fish Office downtown.

NOTE: CUTTING of any live Ponderosa is **NOT** allowed.

If you have any question or concerns, please contact Melvin Hunter Jr., Fire Management Officer (928.769.2312) or Richard Powskey, Hualapai Department of Natural Resources Director (928.769.2254)

GENERAL INFORMATION & EVENTS

Hualapai Tribal Forestry • Public Notice: High Fire Danger Restriction Dissolved

Submitted by: Adeline Crozier | Hualapai Tribe Administration



Hualapai Tribal Forestry & Wildland Fire Management

1130 Mesa View Dr. • Peach Springs, Arizona 86434 • 928-769-2312

PUBLIC NOTICE

November 10, 2020

Effective immediately, the Class III – High Fire Danger Restriction has been cancelled. What this means is chainsaws do not have restrictions on daily hourly use and camp fires are allowed.

As you continue to cut fuel wood please be mindful of the season and prepare yourself for shorter cutting hour, limited access, and always have a game plan for your safety.

All wood product permits can be obtained at Hualapai Tribal Forestry.

Below is a link to check weather in preparation of harvesting.

Link: [noaa.gov](https://www.noaa.gov)

- Go to top right of screen and enter "86434"

If you have any question or concerns, please contact Melvin Hunter Jr., Fire Management Officer (928.769.2312) or Richard Powskey, Hualapai Department of Natural Resources Director (928.769.2254)



Hualapai Tribal Forestry & Wildland Fire Management

P.O. Box 299 • Peach Springs, Arizona 86434 • 928-769-2312

PUBLIC NOTICE

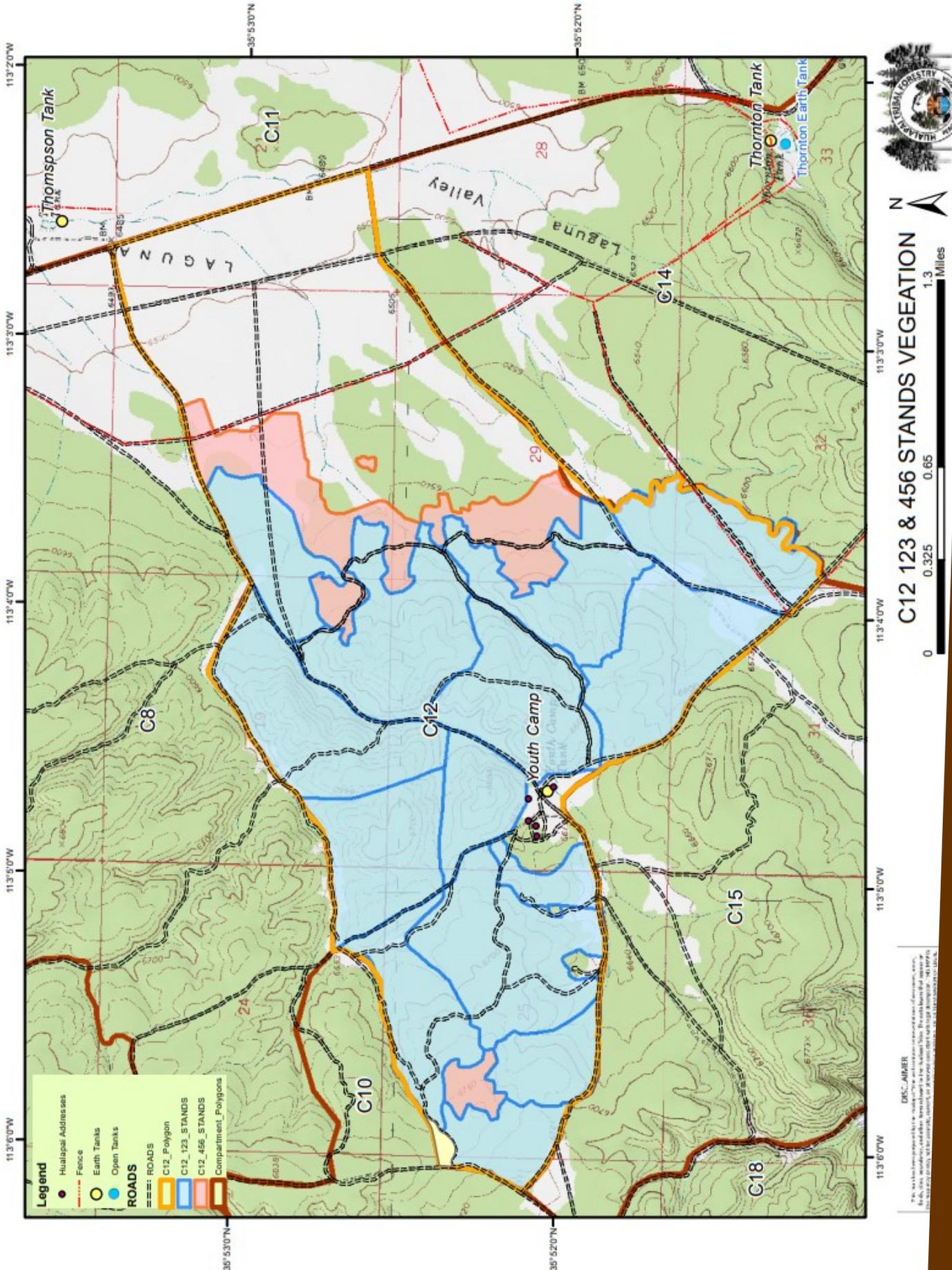
Hualapai Tribal Forestry & Wildland Fire Management will be conducting Compartment 12 (C-12), 13 (C-13), and misc. pile Prescribed Burns on the Hualapai Forest once environmental conditions are suitable. A general area of the burn units is described below which we ask the public to avoid the areas for your own safety.

- C-12, located east of Turkey Track, North of Youth Camp, West of Laguna, and south of Bear Tank. General vicinity Youth Camp area, see C-12 map attached.
- C-13, located east of Indian 18, south of Alber's Tank, and within the general vicinity of Sage, Buck, and Hog tank, see C-13 map attached.
- Misc. Pile Burns (forest wide), no map attached.

The purpose of the burns is to reduce the hazardous fuel accumulation in Ponderosa pine stands, improve forage for wildlife, and return fire to a fire adapted ecosystem. The burns will reduce the potential of catastrophic wildfires and restore a fire regime.

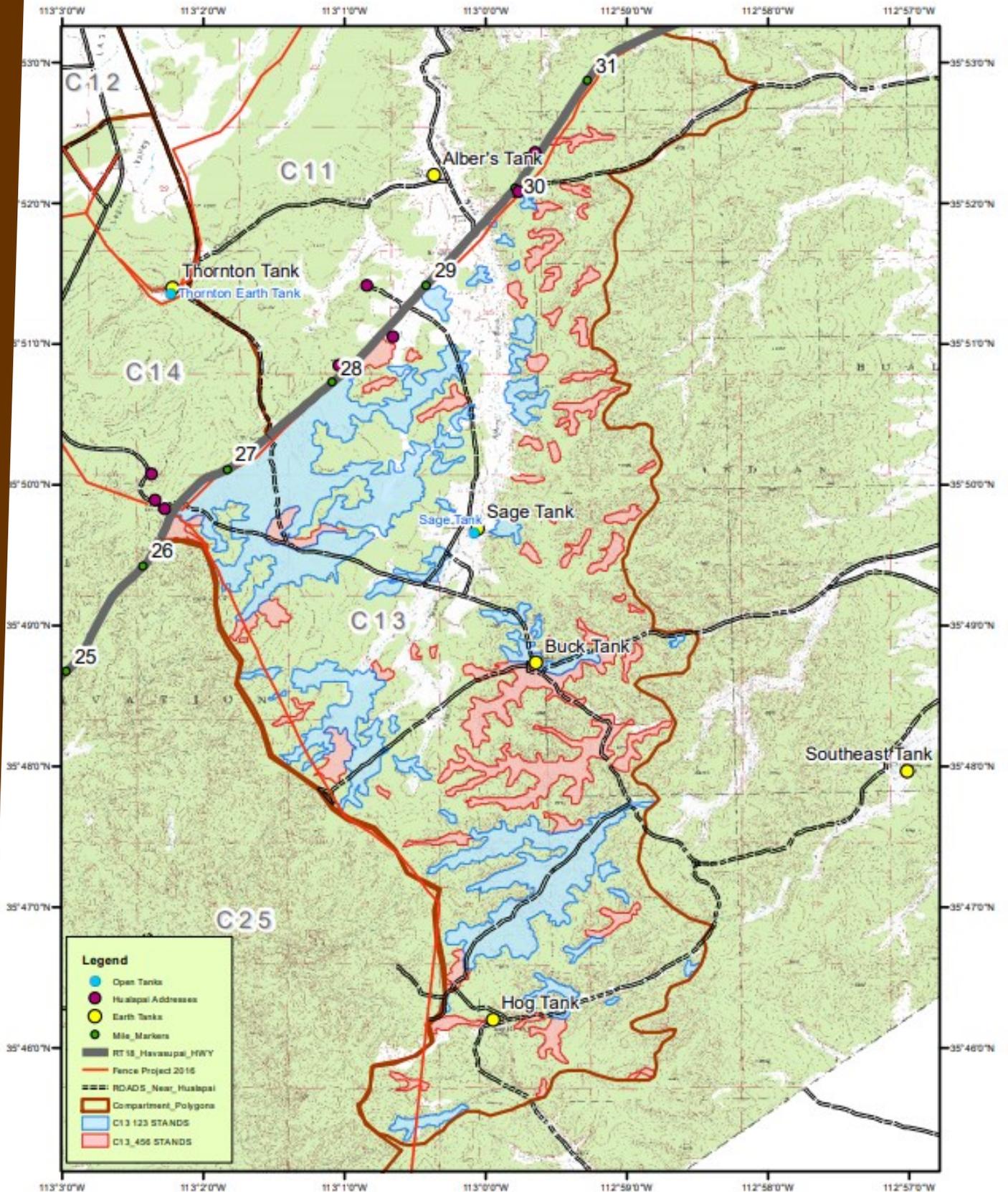
In the interest of public safety, roads accessing C-12 and C-13 burn may be closed at times and will remain closed until the roadways are safe for public travel. Smoke plumes will be visible from Peach Springs and the surrounding area. Smoke may be present and possibly heavy at times on Indian 18 and other secondary roadways. Motorists are asked to please slow down and use caution if smoke is encountered. The duration of heavy smoke should end shortly after the burn is complete. However, light smoke may be visible for up to 3 weeks after the burn.

If you have any question or concerns, please contact Melvin Hunter Jr., Fire Management Officer (928.769.2312) or Richard Powskey, Hualapai Department of Natural Resources Director (928.769.2254)



C12 123 & 456 STANDS VEGETATION

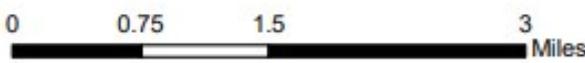
DEC. AMBER
This map was prepared by the Hualapai Tribe and is for informational purposes only. It is not intended to be used for any other purpose. The Hualapai Tribe is not responsible for any errors or omissions in this map. The Hualapai Tribe is not responsible for any damages or losses resulting from the use of this map.



DISCLAIMER

This map was prepared by the Hualapai Tribe and is not a representation of ownership, title, fields, etc. boundaries, and other items relevant to the Hualapai Tribe. The data herein that appear on this map are for informational purposes only and do not constitute a warranty. THIS MAP IS NOT TO BE USED AS A BASIS FOR ANY LEGAL ACTION OR OTHER ACTION. NO WARRANTY OF ANY KIND SHOULD BE IMPLIED FOR ANY PARTICULAR PURPOSE. NO LIABILITY OR COMPENSATION SHALL BE INCURRED BY THE HUALAPAI TRIBE FOR ANY DAMAGE TO PERSONS OR PROPERTY CAUSED BY THE USE OF THIS MAP OR THE INFORMATION CONTAINED THEREIN.

C13 123 & 456 VEGETATION STANDS



Hualapai Elderly Center • Elderly Services

Submitted by: Brook Bender | Hualapai Elderly Center



Elderly Services



DIRECTORS CORNER

I want to introduce myself, I'm Brook Bender. I've worked with the Health Department for 8 years as the CHR Program Manager. Through the years I've gained experience advocating for the elderly and disabled. Advocating for the CHR Workforce, sitting on the AZ CHR Coalition, AZ CHR Summit Committee, AZ State Advisory on CHW Voluntary Certification, and the IHS Phoenix Area CHAP TAG Representative.

I strive to serve the senior population and hope to provide all the services possible under the Administration on Aging Title VI. I strive to make the elderly service become welcoming and achieve the ultimate goal to keep our elderly population active. By partnering with services and providers to address the elderly populations needs.

ELDERLY HOME



Elderly Home tenants decorated the building for Halloween.

PROGRAM ANNOUNCEMENT

Moving forward in 2021 the program will require all individuals to register with the program to receive services.

This decision is a requirement of our funding agreement with the Administration for Community Living.

From November 1st to December 31st, you may fill out a registration form to receive services or meals from elderly services.

ANNOUNCEMENTS

Thanksgiving Meal Served, **November 23rd**

- HAM
- MASHED POTATOS W/ GRAVY
- VEGETABLE
- FRUIT SALAD
- DINNER ROLL

The program will be closed November 25th @ 1PM to November 27th. Returning on November 30th.

Christmas Gift Forms must be returned by November 23rd

Should you have any questions please contact us at **(928)-769-2375** or **bbender@hualapai-nsn.gov**

November 2020



First Things First • Hualapai Regional Partnership Council

Submitted by: Tara Gene, Regional Director | First Things First

 FIRST THINGS FIRST

HUALAPAI TRIBE
REGIONAL PARTNERSHIP COUNCIL

TEACHING YOUNG KIDS GRATITUDE EXTENDS BEYOND THE HOLIDAY SEASON

As the holiday season approaches, it is the perfect time to teach young children an important life lesson about gratitude that will last throughout the year.



Gratitude is a higher level concept that can be tricky to understand for toddlers and preschoolers, because of their developmental stage, tend to be self-focused. Talking with young children about being thankful for not only material things, but for acts of kindness from others, is one way to help them learn.

Teach children to say thank you to everyone who does something for them – their server at a restaurant, the older sibling who helps them pick up toys, or the friend who gives them a birthday gift.

Talk about the things you are grateful for. This can be done in many ways, from a blessing before dinner to keeping a family gratitude journal.

Tell your kids why you are grateful for them. Remind your children of your own gratitude by using specific reasons why they are special and loved. For example: I appreciate the way you help your brother tie his shoes.

Support a charitable event or organization. Whether you are donating old clothes or toys, participating in a food drive, or even baking cookies for a new neighbor, talk to children about what those actions mean to those who receive the kindness.

Be consistent. Like all skills, gratitude is not learned in one lesson.

Research shows that thankful people are usually more optimistic and are less depressed and stressed. So, when we teach our children to appreciate what they have – and what others do for them – we are helping them to become happier, healthier adults.

FIRST THINGS FIRST HUALAPAI TRIBE REGIONAL PARTNERSHIP COUNCIL

Pearl Sullivan, Chair
Renee Beecher, Vice Chair
Omaovensí Coochwyewa
Leon Ghahate
Wanda Quasula
Amelia Sullivan
Chira Walema

ABOUT FIRST THINGS FIRST

As Arizona's early childhood agency, First Things First funds early learning, family support and children's preventive health services to help kids be successful once they enter kindergarten. Decisions about how those funds are spent are made by local councils staffed by community volunteers. To learn more, visit FirstThingsFirst.org.

Public Notice • Proposed One Acre Home Sites in Milkweed Springs Road

Submitted by: Kevin Davidson | Hualapai Planning Department

Public Notice for Proposed One Acre Home Sites located along Milkweed Springs Road



For additional information and questions, please call the Hualapai Planning Department at (928) 769-1310

Drawn by: Kevin Davidson, 11/20/2020

Hualapai Tribal Administration • Per Capita for 18 Year Olds

Submitted by: April Siewiyumptewa | Hualapai Tribal Administration



Listed below are those who turned 18 years old after last per capita in November of 2019. Those listed below still need to do a change of address with the Tribe in order to receive your per capita distribution for 2020.

- Alexia Barr
- Lisa Begay
- Dominick Durante
- Tierra Hill-Young
- Joseph McCoig

**Gamyu Newsletter Dead-
line & Publication Dates**

Gamyu newsletter articles are due every other **FRIDAY** (the week *before* tribal pay week) by 5:00 p.m. Please remember to attach the **Information Sheet** with your articles and no ANONYMOUS submissions please. *Gamyu* newsletters also online at www.hualapai-nsn.gov.

Article Deadline:

Friday, December 4th

Next Publication:

Friday, December 11th



Hualapai Reservation Establishment • 2 Mile Virtual Walk/Run

Submitted by: Trena Bizardi | Hualapai EW4H

Hualapai Reservation Establishment

2 Mile Virtual Walk/Run

Monday January 4th, 2021

Hualapai Indian Reservation

Established 1883

-138 Years Resilient-

No need to register! Just show us your miles by emailing it to sbuffalo@hualapai-nsn.gov or tbizardi@hualapai-nsn.gov by January 5th to receive a memorable incentive.



Questions? Call 769-2644/1630

Site 2a

Comments:

Site 2a is proposed at the Road Maintenance Yard. The site is in plain view of Diamond Bar Road. The 300' x 550' site is within 1,650' of the fire house switch which would connect the solar array to the mini-grid. The project's cost estimate is \$3.1 million due to the extra distance to the switch.



Aerial view of proposed site



Proposed Solar Array at Maintenance Yard Site 2a from Diamond Bar Road looking southwest (IMG6347)



Proposed Solar Array at Maintenance Yard Site 2a from Diamond Bar Road looking northwest (IMG6343)

Site 2b

Comments:

Site 2b is proposed west of the Road Maintenance Yard. The site is some 600' from Diamond Bar Road which reduces its visibility. The 400' x 400' site is within 1,950' of the fire house switch which would connect the solar array to the mini-grid. The project's cost estimate is \$3.2 million due to the extra distance to the switch.



Aerial view of proposed site



Proposed Solar Array at Site 2b from Diamond Bar Road looking northwesterly (IMG0005)



Proposed Solar Array at Site 2b from Diamond Bar Road looking southwest (IMG0049)

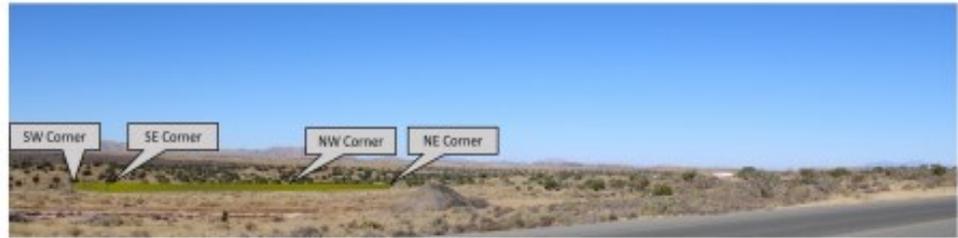
Site 2c

Comments:

Site 2c is proposed northwest of the Road Maintenance Yard. The site is some 700' from Diamond Bar Road which reduces its visibility. The 400' x 400' site is within 1,500' of the fire house switch which would connect the solar array to the mini-grid. The project's cost estimate is \$3.1 million due to the extra distance to the switch.



Aerial view of proposed site



Proposed Solar Array at Site 2c from Diamond Bar Road looking northwest (IMG0003)



Proposed Solar Array at Site 2c from Diamond Bar Road looking westerly (IMG0003)

Site 3

Comments:

Site 3 is proposed along Quartermaster Point Road just before the Hualapai Ranch. The site is in a valley between two low hills and in plain view. The 400' x 400' site is within 1,750' of the Ranch switch which would connect the solar array to the mini-grid. The project's cost estimate is \$3.2 million due to the extra distance to the switch.



Aerial view of proposed site



Proposed Solar Array Site 3 from Quartermaster Road looking westerly (IMG5293)



Proposed Solar Array Site 3 from Quartermaster Road looking southwesterly (IMG0017)



Community Survey for Proposed Solar Array at Grand Canyon West



Please rank each site by circling one of the five scores listed

Site 1 Rank: 1st 2nd 3rd 4th 5th

Site 2a Rank: 1st 2nd 3rd 4th 5th

Site 2b Rank: 1st 2nd 3rd 4th 5th

Site 2c Rank: 1st 2nd 3rd 4th 5th

Site 3 Rank: 1st 2nd 3rd 4th 5th

Additional Site you would like to add to the list:

Return survey to the Planning Department, 887 West Highway 66, Peach Springs, by November 30th. You may also e-mail the survey to kdavidson@hualapai-nsn.gov Questions can be directed to Kevin Davidson at (928) 769-1310. The survey may be seen on the tribe's web site: <http://hualapai-nsn.gov/posts/>

Hualapai Tribe COVID-19 Utility Assistance Program Program Description

I. Purpose

The purpose of the COVID-19 Utility Assistance Program is to assist Tribal Members with delinquent utility costs incurred due to the public health emergency with respect to COVID-19. The Program will promote the general welfare of the Hualapai Tribe (“Tribe”).

The Tribal Council (“Council”) has found that Tribal Members do not have adequate funds to respond to COVID-19 and it has resolved that it is necessary to make additional resources available to Tribal Members, in particular to assist Tribal Members in the payment of delinquent utility costs, to ensure that Tribal Members continue to have access to the necessary utilities, such as water, sewer, electric, natural gas and phone/internet.

This Program is designed to provide Assistance to eligible Tribal Members, including, but not limited to, Assistance as described herein. The Tribe’s intent that the Assistance provided pursuant to the Program will meet the criteria set forth in Revenue Procedure 2014-35 as may be amended, and the Tribal General Welfare Exclusion Act of 2014, for treatment as a tax-exempt “Indian general welfare benefit,” as defined within Internal Revenue Code, Section 139E.

Benefits paid under this Program may only be used to cover costs that:

1. Are necessary expenditures incurred due to the public health emergency with respect to COVID-19;
2. Were not accounted for in the Tribe’s budget most recently approved as of March 27, 2020 (the date of enactment of the Coronavirus Aid, Relief, and Economic Security Act (“CARES Act”)) for the Tribe; and
3. Were incurred during the period that begins on March 18, 2020, and ends on December 30, 2020.

II. Definitions

The Program adopts the definitions provided in the COVID-19 Relief Program Title. Additionally, the Program adopts the following definitions:

- a. “**Assistance**” – means the benefits provided by this COVID-19 Utility Assistance Program.
- b. “**Beneficiary**” – Means the recipient of the Assistance under this Program.
- c. “**Fiscal Year**” – Means the calendar year commencing January 1st and ending December 31st each year.
- d. “**Program**” – Means this COVID-19 Utility Assistance Program.
- e. “**Tribal Administrator**” – Means the person or entity appointed by the Council to execute the Program.
- f. “**Tribal Law**” – Means the laws of the Hualapai Tribe.
- g. “**Tribal Member**” – Means an enrolled member of the Hualapai Tribe.

III. Eligibility

The Tribal Finance Director shall employ such application and certification measures as he or she deems reasonably necessary to comply with Tribal Law. The benefits of this Program are available to any member of the Tribe who applies for such benefits and certifies that they have a need for assistance with delinquent utility payments due to the public health emergency with respect to COVID-19. Such needs may be due to reasons, including, but not limited to, a loss of overall household income, increased utility expenses due to staying at home, increased medical expenses or increased essential living costs.

IV. Assistance Limits

- a. **One-Time Limitation:** All assistance provided pursuant to this Program is subject to the availability of funds. Financial assistance is limited to an aggregate amount as follows:

Adult Tribal Member - \$800.00 one-time assistance.

The assistance limit is subject to change, from time-to-time, at the discretion of the Council. The assistance limit reflects a determination by the Tribe that this amount reasonably represents some of the additional utility assistance needs of its Tribal Member population, in order to assist Tribal Members in securing access to the necessary utilities during the COVID-19 crisis.

- b. **General Welfare Limitations:** The Assistance will be made pursuant to this COVID-19 Utility Assistance Program and the written guidelines provided in this Program Description. As outlined above, the Assistance is available to any Tribal Member who satisfies the applicable eligibility requirements, subject to budgetary constraints. The Assistance provided under this Program shall not discriminate in favor of the governing body of the Tribe. The Tribe will not provide Assistance in compensation for services. The Tribe will not provide Assistance that is lavish or extravagant.

V. Eligible Program Assistance

Program Assistance will be used by Beneficiary to assist in responding to the COVID-19 crisis.

VI. Program Funds Disbursement Process

- a. A Beneficiary is eligible to receive up to the maximum assistance limit, as set forth in this Program Description.
- b. Payment, in the form of a negotiable check, will be distributed directly to the utility company(s) identified by the Beneficiary. The Tribal Finance Director will disburse the assistance amounts to the utility company(s) identified by the Beneficiary.

VII. General Administrative Procedures

- a. **Record Maintenance.** The Tribal Finance Director shall maintain the following files:
- (1) An annual ledger recording each and every form of Program assistance provided to a Beneficiary during the applicable Fiscal Year. All ledgers shall be retained for a period of no less than seven (7) years.

VIII. Miscellaneous

- a. **Severability.** If any provision of this Program Description, or the application thereof to any person or circumstance, is held unconstitutional or invalid, only the invalid provision shall be severed and the remaining provision and language of this Program Description shall remain in full force and effect.
- b. **No Waiver of immunity.** All inherent sovereign rights of the Tribe, as a federally recognized Indian tribe, are hereby expressly reserved, including sovereign immunity from unconsented suit. Nothing in this Program Description shall be deemed or construed to be a waiver of the Tribe's or any of its governmental officers, employees and/or agents' sovereign immunity from unconsented suit; or to create any private right of action.
- c. **Effective Date.** This Program shall become effective, retroactive to March 18, 2020.

Approved by Tribal Council 10/06/2020

**COVID-19 Utility Assistance Program
Application and Certification Form
Hualapai Tribe**

1. Customer Information

Name: _____
Service Address: _____
Mailing Address (if different): _____

**2. How has COVID-19 impacted your ability to make utility payments?
(check all that apply)**

- Loss of overall household income
- Increased utility expenses due to staying at home
- Increased medical expenses
- Increased essential living costs
- Other _____

3. What time period have you experienced difficulty making utility payments as a result of the selected COVID-19 impacts?

Start Date: _____
Through, End Date: _____

**4. Which utilities are you late on making payments?
(check all that apply)**

- Water Account No. _____
 Balance: _____
 Utility Name: _____
- Sewer Account No. _____
 Balance: _____
 Utility Name: _____
- Electric Account No. _____
 Balance: _____
 Utility Name: _____
- Natural Gas Account No. _____
 Balance: _____
 Utility Name: _____
- Wood Limited to Tribal Wood Lot-1 cord per household Amount: _____
- Phone/Internet Account No. _____
 Balance: _____
 Utility Name: _____

5. Do you rent or own your residence?

- Rent
- Own

6. If you rent, do you pay the utility company directly or the Landlord?

	To Company	To Landlord
Water	<input type="checkbox"/>	<input type="checkbox"/>
Sewer	<input type="checkbox"/>	<input type="checkbox"/>
Electric	<input type="checkbox"/>	<input type="checkbox"/>
Natural Gas	<input type="checkbox"/>	<input type="checkbox"/>
Phone/Internet	<input type="checkbox"/>	<input type="checkbox"/>

7. What is the amount you expect to be able to contribute to your utility bills in the next 60 days?

Water	\$ _____
Sewer	\$ _____
Electric	\$ _____
Natural Gas	\$ _____
Phone/Internet	\$ _____

8. Have you received any Federal (ie: Low Income Home Energy Assistance Program), State, or any other assistance payments to help cover any of these payments? Yes/No

9. For all utility bills being covered by this application, please attach a copy of the utility bill to the application.

10. Certification and Consent

I hereby apply for financial assistance through the Hualapai Tribe for Coronavirus Relief Funds for the delinquent amounts, specified above, on my utility accounts. I hereby authorize the Tribe to make payments directly to the utility companies identified above, on my behalf, as applied for in this application.

I understand that by making this application, I am not guaranteed financial assistance and I am still responsible for any unpaid utility bills. I understand I will have to file additional application(s) for future needs and there is no guarantee that funds for financial assistance will be available.

I understand that I may be fined, imprisoned, or both under applicable law, if I make false statements on this application in order to get benefits that I am not entitled to.

Signature

Date

Hualapai Tribe COVID-19 Rental Assistance Program Program Description

I. Purpose

The purpose of the COVID-19 Rental Assistance Program is to assist Tribal Members with delinquent rental payments incurred due to the public health emergency with respect to COVID-19. The Program will promote the general welfare of the Hualapai Tribe (“Tribe”).

The Tribal Council (“Council”) has found that Tribal Members do not have adequate funds to respond to COVID-19 and it has resolved that it is necessary to make additional resources available to Tribal Members, in particular to assist Tribal Members in the payment of delinquent rental payments, to ensure that Tribal Members continue to have access to necessary housing.

This Program is designed to provide Assistance to eligible Tribal Members, including, but not limited to, Assistance as described herein. The Tribe’s intent that the Assistance provided pursuant to the Program will meet the criteria set forth in Revenue Procedure 2014-35 as may be amended, and the Tribal General Welfare Exclusion Act of 2014, for treatment as a tax-exempt “Indian general welfare benefit,” as defined within Internal Revenue Code, Section 139E.

Benefits paid under this Program may only be used to cover costs that:

1. Are necessary expenditures incurred due to the public health emergency with respect to COVID-19;
2. Were not accounted for in the Tribe’s budget most recently approved as of March 27, 2020 (the date of enactment of the Coronavirus Aid, Relief, and Economic Security Act (“CARES Act”)) for the Tribe; and
3. Were incurred during the period that begins on March 8, 2020, and ends on December 30, 2020.

II. Definitions

The Program adopts the definitions provided in the COVID-19 Relief Program Title. Additionally, the Program adopts the following definitions:

- a. “**Assistance**” – means the benefits provided by this COVID-19 Rental Assistance Program.
- b. “**Beneficiary**” – Means the recipient of the Assistance under this Program.
- c. “**Fiscal Year**” – Means the calendar year commencing January 1st and ending December 31st each year.
- d. “**Program**” – Means this COVID-19 Rental Assistance Program.
- e. “**Tribal Finance Director**” – Means the person appointed by the Council to execute the Program.
- f. “**Tribal Law**” – Means the laws of the Hualapai Tribe.
- g. “**Tribal Member**” – Means an enrolled member of the Hualapai Tribe.

III. Eligibility

The Tribal Finance Director shall employ such application and certification measures as he or she deems reasonably necessary to comply with Tribal Law. The benefits of this Program are available to any member of the Tribe who applies for such benefits and certifies that they have a need for assistance with **delinquent** rental payments due to the public health emergency with respect to COVID-19. Such needs may be due to reasons, including, but not limited to, a loss of overall household income, increased medical expenses or increased essential living costs.

IV. Assistance Limits

- a. **Limitation:** All assistance provided pursuant to this Program is subject to the availability of funds. Financial assistance is limited as follows:

Adult Tribal Member - \$ 00.00 maximum of \$1000.00 or one month's rent. The lesser amount will be paid.

This assistance is limited to the household. The Tribal member has to be named on the rental agreement. The assistance limit is subject to change, from time-to-time, at the discretion of the Council. The assistance limit reflects a determination by the Tribe that this amount reasonably represents some of the additional rental assistance needs of its Tribal Member population, in order to assist Tribal Members in securing access to necessary housing during the COVID-19 crisis.

- b. **General Welfare Limitations:** The Assistance will be made pursuant to this COVID-19 Rental Assistance Program and the written guidelines provided in this Program Description. As outlined above, the Assistance is available to any Tribal Member who satisfies the applicable eligibility requirements, subject to budgetary constraints. The Assistance provided under this Program shall not discriminate in favor of the governing body of the Tribe. The Tribe will not provide Assistance in compensation for services. The Tribe will not provide Assistance that is lavish or extravagant.

V. Eligible Program Assistance

Program Assistance will be used by Beneficiary to assist in responding to the COVID-19 crisis.

VI. Program Funds Disbursement Process

- a. A Beneficiary is eligible to receive up to the maximum assistance limit, as set forth in this Program Description.
- b. Payment, in the form of a negotiable check, will be distributed directly to the landlord or rental company identified by the Beneficiary. The Tribal Finance Director will disburse the assistance amounts to the landlord or rental company identified by the Beneficiary.

VII. General Administrative Procedures

- a. **Record Maintenance.** The Tribal Administrator shall maintain the following files:
- (1) An annual ledger recording each and every form of Program assistance provided to a Beneficiary during the applicable Fiscal Year. All ledgers shall be retained for a period of no less than seven (7) years.

Miscellaneous

Severability. If any provision of this Program Description, or the application thereof to any person or circumstance, is held unconstitutional or invalid, only the invalid provision shall be severed and the remaining provision and language of this Program Description shall remain in full force and effect.

No Waiver of immunity. All inherent sovereign rights of the Tribe, as a federally recognized Indian tribe, are hereby expressly reserved, including sovereign immunity from unconsented suit. Nothing in this Program Description shall be deemed or construed to be a waiver of the Tribe's or any of its governmental officers, employees and/or agents' sovereign immunity from unconsented suit; or to create any private right of action.

Effective Date. This Program shall become effective, retroactive to March 8, 2020.

COVID-19 Rental Assistance Program Application and Certification Form Hualapai Tribe

1. Customer Information

Name: _____
Rental Address: _____
Mailing Address (if different): _____

2. How has COVID-19 impacted your ability to make rental payments? (check all that apply)

- Loss of overall household income
- Increased medical expenses
- Increased essential living costs
- Other _____

3. What time period have you experienced difficulty making utility payments as a result of the selected COVID-19 impacts?

Start Date: _____
Through, End Date: _____

4. What is the account information for the rental payment that you late on making payments?

Account No. _____
Balance: _____
Landlord or Rental Company Name: _____

5. What is the amount you expect to be able to contribute to your rental bills in the next 60 days?

\$ _____

6. For all rental bills being covered by this application, please attach a copy of the rental bill to the application.

7. Certification and Consent

I hereby apply for financial assistance through the Hualapai Tribe for Coronavirus Relief Funds for the delinquent amounts, specified above, on my rental account. I hereby authorize the Tribe to make payments directly to the landlord or rental companies identified above, on my behalf, as applied for in this application.

I understand that by making this application, I am not guaranteed financial assistance and I am still responsible for any unpaid rental bills. I understand I will have to file additional application(s) for future needs and there is no guarantee that funds for financial assistance will be available.

I understand that I may be fined, imprisoned, or both under applicable law, if I make false statements on this application in order to get benefits that I am not entitled to.

Signature

Date

EMPLOYMENT OPPORTUNITIES

Hualapai Nation Police Department • Job Opportunities
 Submitted by: Sgt. S. Badilla | Hualapai Nation Police Department



Hualapai Nation Police Department
P.O. Box 490
Peach Springs, Arizona 86434
 (928)769-1024/0900 Fax (928)769-1027

04 November, 2020

Notice of Hualapai Nation Police Department job opportunity for all community members 21 years old and older.

The Hualapai Nation Police Department has current job positions for entry level and lateral police officers. All qualified community members are highly encouraged to apply by filling out a Hualapai Tribal application and AZPOST required background packet that can be picked up at the Hualapai Nation Police Department or downloaded from the Hualapai website and AZPOST.com. Every pay-day Friday a member of the Hualapai Nation Police Department will be available at the Walapai Market court yard outside with applications if time is allowed and availability of staff.

Thank you.

Grand Canyon Resort Corporation • Current Job Postings
 Submitted by: Gina Masawytewa | Grand Canyon Resort Corporation

Current Job Postings for Grand Canyon Resort Corporation							
Administration	# of Positions	Pay Rate	Shift	Airport	# of Positions	Pay Rate	Shift
Chief Executive Officer	1	D.O.E.	Varies	Airport Lead Dispatcher-Airport/ARFF	1	14.16/FT	Varies
Human Resources Director	1	D.O.E.	Varies	Airport EMS Firefighter	1	14.16/FT	3/13. 20 Hr
Marketing Consultant	1	D.O.E.		Airport EMS/ Firefighter	1	14.16/PT	20 hr
Skywalk	# of Positions	Pay Rate	Shift	Airport Operations Specialist	1	14.16/FT	Three 13.20s
Utility	1	13.25/FT	Varies	Transporation	# of Positions	Pay Rate	Shift
Utility	2	13.25/PT	Varies	CDL Transit Mechanic	1	20/FT	Varies
Retail/ Ticketing Cashier	1	13.25/FT	Varies	Gift Shop / Tour Counter	# of Positions	Pay Rate	Shift
Zip Line	# of Positions	Pay Rate	Shift	Lead Cashier	1	13.91/ FT	Wed-Sat
Guide-Zipline	10	13.25/Season	Varies	Cashier	1	13.25/FT	Varies
Lead-Zipline	2	13.91/Season	Varies	Cashier	3	13.25/PT	Varies
Photo Clerk-Zipline	2	13.25/Season	Varies	Food & Beverage	# of Positions	Pay Rate	Shift
Supervisor-Zipline	2	14.58/Season	Varies	Food Handler/Cook-F&B	1	13.25/FT	Wed-Sat
Cashier-Zipline	2	13.25/Season	Varies	Lead Cashier-F&B	1	13.91/FT	Wed-Sat
GCRC INTERNAL ONLY UNTIL 11/30/2020				Food Handler/ Cook	2	13.25/PT	Varies
Security Guard	3	13.25/PT	Varies	Janitorial	# of Positions	Pay Rate	Shift
Human Resources Spec.- Employee Relations	1	D.O.E.	Mon-Fri	Janitor	4	13.25/PT	Fri-Sun

Hualapai Tribe • Current Job Postings
 Submitted by: Coleen Mahone | Hualapai Human Resources

2020 Current Job posting for the Hualapai Tribe
OPEN COMPETITIVE

	Job Title	Pay Rate	Opening Date	Closing Date
Adult Detention	Food Service Worker	D.O.Q.	October 21, 2020	November 03, 2020
Emergency Services	Firefighter/EMT-Basic	D.O.Q.	March 19, 2019	Open Until Filled
	Firefighter/Paramedic	D.O.Q.	March 19, 2019	Open Until Filled
	Firefighter	D.O.E./D.O.Q.	October 21, 2020	November 20, 2020
	Support Services Chief	D.O.E.	October 15, 2020	October 28, 2020
	Communications Technician	D.O.E.	October 15, 2020	October 28, 2020
	Fire Marshall	D.O.E./D.O.Q.	October 21, 2020	November 20, 2020
	Battalion Chief of Training	D.O.E./D.O.Q.	October 21, 2020	November 20, 2020
	Battalion Chief	D.O.E./D.O.Q.	October 21, 2020	November 20, 2020
	EMS Battalion Chief	D.O.E.	October 15, 2020	October 28, 2020
	Operations Chief	D.O.E.	October 15, 2020	October 28, 2020
	Captain	D.O.E./D.O.Q.	October 21, 2020	November 20, 2020
	Engineer	D.O.E./D.O.Q.	October 21, 2020	November 20, 2020
Finance Department	Finance Assistant Director	D.O.Q.	January 22, 2020	Open Until Filled
Forestry	Fire Management Officer	D.O.E.	October 15, 2020	October 28, 2020
	Engine Boss	D.O.E.	October 15, 2020	October 28, 2020
	Crew member	D.O.E.	October 15, 2020	October 28, 2020
	Wildland Fire Management Planner	D.O.E.	October 15, 2020	October 28, 2020
Head Start Program	Special Education Teacher	D.O.Q.	October 16, 2020	October 30, 2020
	Education Coordinator	D.O.Q.	October 16, 2020	October 30, 2020
	Family Advocate	D.O.Q.	October 16, 2020	October 30, 2020
	Assistant Teacher	D.O.Q.	October 16, 2020	October 30, 2020
	Program Aide	D.O.Q.	October 16, 2020	October 30, 2020
Health Department	Media Specialist (Part-time)	\$ 12.50 per hour	May 10, 2019	Open Until Filled
	Resident Advocate	\$10-\$15/Hr. ; D.O.E.	January 22, 2019	Open Until Filled
	CHR - Injury Prevention Coordinator	D.O.E.	February 05, 2020	Open Until Filled
	Transportation Driver	D.O.E.	October 15, 2020	October 28, 2020
	Radio Station Operations Manager and Sales Associate	D.O.E.	October 15, 2020	October 28, 2020
	MCH Home Visitation Educator/Supervisor	D.O.E.	October 15, 2020	October 28, 2020
Human Resources	Director	D.O.Q.	August 27, 2020	October 09, 2020
Juvenile Detention	Correctional Officer I, II and III	\$16.00 - \$18.00/Hr.	July 22, 2019	Open Until Filled
Planning	Chief Building Official	D.O.Q.	October 16, 2019	Open Until Filled
Police Department	Police Officer (Certified)	\$39,520/Yr. to \$47,840/Yr.	December 06, 2018	Open Until Filled
	Police Corporal	D.O.E.	February 12, 2020	Open Until Filled
	Police Sergeant	\$55,000 - \$65,534/Yr.	February 12, 2020	Open Until Filled
	Chief of Police	D.O.Q.	September 15, 2020	October 27, 2020
Public Defender's	Advocate	D.O.E.	November 20, 2019	Open Until Filled

INTERNAL ONLY (For Current Tribal Employees Only)

Juvenile Detention	Food Service Worker	\$12.00 an hour	October 28, 2020	November 03, 2020
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FOR Employment with the Hualapai Tribe, please fill out a Tribal Employment Application and return to the Human Resources office via email
FOR A COMPLETE JOB ANNOUNCEMENT PLEASE VISIT OUR WEBSITE AT HUALAPAI-NSN.GOV

***** Please see Job Announcement(s) for more detail, you must meet all minimum qualifications as required on the job announcement in order for HR to send your application to the department for further review.**
- Please make sure to put the Experience, Training and Education with your application.
(Attach a resume or your work experience)

To work for the Hualapai Tribe, you minimally need to have the following:

- * A High School Diploma or GED
- * A Valid Driver's License and able to qualify for Tribe's Insurance
- * Must submit to and pass a pre-employment drug/alcohol screening
- * AZ Clearance Card and/or a Background check

***** Please submit a copy of your HS and/or GED certificate Transcripts will be accepted as well.**

Preference - All applicants are considered without regard to age, sex, race, national origin, religion, marital status, or physical disability. However, preference may be extended to persons of Indian descent in accordance with Public Law 88-355, Section 703 (702-71) and public law 93-638, Section 7B.

THE HUALAPAI TRIBE IS AN EQUAL OPPORTUNITY EMPLOYER/PROGRAM

Auxiliary aids and services available upon request to individuals with disabilities

Contact Us: Human Resources
 POB 179 / 941 Hualapai Way
 Peach Springs, Az. 86434-0179

Phone number: 928-769-2216
 Fax number: 928-769-1191

HEALTH & SAFETY INFORMATION

Peach Springs Indian Health Service • Holiday Hours
Submitted by: Dominique Yaramata | Peach Springs Indian Health Center

INDIAN HEALTH SERVICE - COLORADO RIVER SERVICE UNIT
PEACH SPRINGS HEALTH CENTER

Happy Thanksgiving

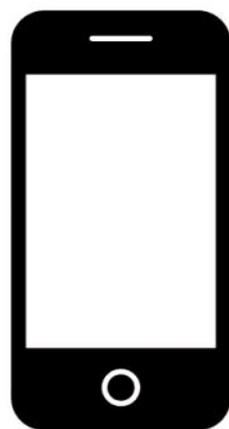
OUR OFFICE WILL BE CLOSED
THURSDAY, NOVEMBER 26, 2020
IN OBSERVANCE OF THE HOLIDAY

REGULAR BUSINESS HOURS WILL RESUME ON
FRIDAY, NOVEMBER 27, 2020 8:00AM-5:00PM

FOR ALL URGENT CARE
PLEASE CONTACT EMS AT 928-769-2205

Text **HUALAPAI** to **91896** to sign up for Hualapai Tribe text alerts. You will need to reply back in order to activate the alerts.

**Stay Home, Stay Safe
Hualapai Strong!**



**TEXT
ALERTS**

Gathering of Native Americans • Native American Heritage Month: Zoom Meetings

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness



Hualapai Substance Abuse and Prevention & Tribal Practices for Wellness in Indian Country



Gathering Of Native Americans

(G.O.N.A.)

November is Native American Heritage Month and we would like you to take this opportunity and join us to celebrate Indigenous healing Physically, mentally, and spiritually through traditional means. A chance to win some great prizes for participating.



Time: Nov 9, 2020 03:00 PM Arizona
Every week on Mon, until Nov 30, 2020, 4 occurrence(s)
 Nov 9, 2020 03:00 PM-Belonging
 Nov 16, 2020 03:00 PM-Mastery
 Nov 23, 2020 03:00 PM-Interdependence
 Nov 30, 2020 03:00 PM-Generosity

Join Zoom Meeting

<https://us02web.zoom.us/j/83950371251?pwd=VWVVEbVJXdzZwMmhhSk0veFpYMEloQT09>

Meeting ID: 839 5037 1251

Passcode: 720684

Download the Zoom app. You can enter the meeting passcode or simply paste the code to your search engine, you can also email jpowskey@hualapai-nsn.gov and the information will be sent directly to your email.

Contact Jessica Powskey at the Hualapai Health Education & Wellness Center (928) 769-2207 for more information.

Join us Monday, November 30 for the Generosity Concept

G.O.N.A. is an evidence based curriculum from Substance Abuse and Mental Health Services. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's community. www.samhsa.gov

**Hualapai Tribal Practices for Wellness in Indian Country
Presents
Gathering Of Native Americans (G.O.N.A)
November 09, 2020 at 3p
Belonging Component
Zoom**



Belonging

A place for all ages, a place for all kinds of people, is valued. Belonging represents infancy and childhood, a time when we need to know how we belong.

The first component of GONA represents infancy and childhood, a time when we need to know how we belong. Belonging is the most important first lesson a young child must learn. The participant in GONA learns that he/she belongs in family, tribe, clan or community.

It marks the beginning of something. The learning stage. This is the time to teach wellness, to learn to enjoy the simple things in life and find fulfillment.

In the GONA, The color Yellow represents the East, a time of innocence and learning to trust.

Purpose of Belonging

- Experience actions, words, and rituals, which make each person fully appreciate that they “belong”
- Both acknowledge and support the protective factors associated with belonging
- Create an open, safe, and trusting environment so participants can begin the work of joining together as a community to address common goals
- Provide an opportunity for individual community members to have their contributions heard, valued, and respected, and establish a foundation for the duration of the G.O.N.A and beyond.
- Help participants to join together and establish the direction of the community’s prevention efforts

Objective of Belonging

- Recognize the significance of the drum, drum call, or other traditional way in calling people together that establishes intent and relevance in traditional Indigenous teachings
- Identify at least four elements of belonging and relationships through listening to culturally relevant creation stories
- Identify community (clan, family, society, or tribe) membership, including youth, adults, elders, leaders, service providers, etc. and the importance of becoming engaged in actions leading toward community wellness

TPWIC’s role for belonging

“Family and community activities that connect cultural teachings to health and wellness” is the first strategy that the Hualapai Tribal Practices for Wellness in Indian Country has for its grant. We want to strengthen the cultural values in our families so that we understand the meaning of “family”.

The Hualapai Tribe has supported this effort by providing funds for activities that benefit the community as a whole.

Can you name some of these activities?

What did we miss this year due to COVID19?

Can you tell us when it’s acceptable for Hualapai storytelling?

Storytelling is a part of the GONA wellness curriculum. Stories are a cultural tool used for many teaching moments. In the Belonging Concept, we use a Creation Story.

The purpose of a creation story is to bring everyone together, to introduce the concept of belonging.

Why G.O.N.A.?

- Critical Event (COVID19)
- Significant Situation
- Desire for Change
- Demand for it

Affirmations

What is an affirmation? It's when all the people who attend the G.O.N.A. write positive words about you. Words like— Good Speaker, Friendly, Great smile, Outgoing, Nice person, etc. These are words that you get to take home with you when the G.O.N.A. is done.

A participant has his/her picture taken, the participant will select colored construction paper and glue his/her picture and write his/her name on it. During the 3 day GONA, participants write affirmations on everyone's page. At the end of GONA during the Generosity Component, the affirmations are read aloud and given to the participant to take home.

Activities

- Find a picture of yourself, tape that to a plain sheet of paper. Do this for everyone in your home. For the month of November— each day write an affirmation, just one— each day. Don't forget to put your name on it. Do this for everyone in your home. Your spouse, your children, teach them about the word "affirmation" - re-enforce positive language.
- Building a team— Normally, when we could gather in one place. We would form a circle. This is where everyone would sit. In a circle— no one is left out. At time you find people standing in the back against the wall— we would invite them to come and sit in the circle— there is a ritual. That is an opening facing the East of our circle. In the opening— each person that came to site in that circle before he/she sat down. Once the opening prayer and introductions are made— everyone is divided into 4 teams. This is your team for the remainder of the event.
- Create a Shield— In GONA, we would create a shield with a big sheet of paper. Crayons, markers, colored pencils, glue, feathers, stickers and all sorts of craft materials are provided. AT home— you will find these objects, search for them, create a shield that represents your clan. Activities for the shield is to create a song or a chant, a cheer for your shield. This shield will have a name. This is who you are.
- OTHER— during a normal setting (in person)- participants are encouraged to create a gift. Beads, cloth, needles, and all sorts of creative materials are provided. This gift is made through the duration of 3 days. At the end of the GONA— all the gifts are set on a table, when the closing ceremony begins— the affirmations are read aloud, that person receives his/her affirmation and then goes to the table and picks a gift.

Alter

The Alter is always at the center of the circle— if room is available. Otherwise, the alter is set up to the side of the circle. Each participant is encouraged to place something on that alter that represents himself/herself. A lot of times— is a set of car keys, a bandana, flowers or a personal article that they can take with them after the G.O.N.A is done.

On this alter we have the sacred medicine, we have a shell, a fan, feathers, a drum, a bible, the A.A. big book, tissue, candles, talking stick, all these items are necessary for healing, prayers and to feel the center of the G.O.N.A. to strengthen the sense of belonging and identity.

Spirit House

The Spirit House is a safe place that participants can utilize for prayer, meditation, and healing in the G.O.N.A. experience. This space is located near the meeting area that is quiet and comfortable with chairs and a table. This space will also have sacred medicine, a shell, feather and other resources for prayer.

Healing is important. We provide an environment where healing is nurtured and supported. Much of the information may trigger painful memories or grief. This is the beginning of the healing journey. GONA recommends a "Spirit House" which is a safe, quiet place for participants to use as they like for their own prayers, meditation, or discussion.

*A Moment of Silence for those we lost during the COVID19 Pandemic either to the sickness or other...Reason is to recognize those we are unable to mourn in our traditional ways and that they too matter.

Group NORMS

- One person speaks at a time
- Respect others comments
- What is shared at GONA, stays at GONA

- Participate at own level of risk/comfort
- You have the right to “PASS”
- Its ok to say what you feel
- No put downs

Each event is different, and we usually leave it up to the participants to build these “NORMS”. A new one is “Mute your cellphone”.

At closing of this concept– break in your teams, using the Belmont Process–

- What did you see?
- What did you hear?
- And how did it make you feel?

**Hualapai Tribal Practices for Wellness in Indian Country
Presents
Gathering Of Native Americans (G.O.N.A)
Mastery Component November 16, 2020 at 3p
Zoom**



Mastery Component

Empowerment, for individual and for community, The second component honors adolescence as a time of vision and mastery. We focus on our past to understand our future.

Mastery represents Red– Learning to belong/learning

Identifying historical trauma or toxic stress. By understanding what trauma and stress is, the participant can embrace the idea and learn how to heal.

The elements of the “Mastery Concept” in G.O.N.A.

- Understand how losses and grief stemming from historical trauma undermines our wellness today
- Let go and release the effects of historical trauma and embrace wellness as a community– to understand that it can be stressful and unhealthy to carry any loss and trauma around
- Recognize the importance of traditional cultural practices as healing
- Describe cultural oppression and multi-generational trauma and the ways they impacted Native Americans – How this influences mental health, substance use disorders and suicide
- Survey significant events and issues that devastated Native Americans
- Identify cultural strengths and values that have supported Native Americans to survive and heal
- Value the significance of culturally appropriate opening that establish the continuum of learning
- Interpret a culturally relevant story like “Origin of Basket”. Understanding metaphors and different perspectives in applying the “Mastery Concept”
- Examine a process for personal reflection and healing to effect individual, family and community change
- Produce a Family Chart within social/historical frame of reference by examining family of origin , with Native, U.S., and global context

By examining multi-generational trauma and historical issues a participant can learn to understand the reason of underlying issues and by brining these to light, we can begin to bring closure to the experiences. Identify, experience, and express the impact of trauma, only then a participant can move forward towards resolution.

We begin by describing what historical trauma is and its impact on tribal communities. By identifying what trauma is historically and its relationship to mental illness or substance use. We begin to validate and reinforce cultural-based resilience factors– this gives the participant the opportunity to address issues and model healing and recovery by creating a vision for a healthy future, for themselves, their family and a community.

Incorporating cultural and traditional stories, arts and crafts and relevant activities stimulates the resilient factors.

How do we accomplish this?

We start by incorporating activities such as trust building that combines awareness, healing and help to reinforce and strengthen the sense of belonging and trust from day one.

Reinforce the team that was developed during the “Belonging Concept”. The activity shows that navigating life can be difficult and sometimes feel like we are operating in the dark. Understanding the emotions of being vulnerable, frustrated and anger. By trusting and relying on others for support we will be able to guide ourselves through difficult terrain. Building trust requires clear communication and the ability to listen carefully to the needs of others. Healing begins when we can understand the basics of our emotions of grief, sadness, fear, anger and happiness. By talking openly we can recognize unresolved pain.

Multigenerational Trauma and Cultural Oppression

- U.S. campaign of war and relocation waged against Indian Tribes throughout 1700’s and 1800’s
- Boarding School
- Loss of Power
- Lateral Violence amongst ourselves (Native American communities)
- Self-destructive Behavior

Current Issues

- COVID19
- Lockdown
- Stay At Home Policy
- Unemployment
- Dependent on Internet for entertainment
- Depression
- Substance Abuse
- Domestic Violence
- Lateral Violence

Storytelling

Storytelling is a way our ancestors shared history and transmit teachings of value from generation to generation. The storyteller must be able to masterfully integrate the story of trauma to healing. Select stories should always be appropriate for each component.

By using this same tool, we convey the same principles and affirm the role of tradition in prevention.

Activities/Games

The best part of being in GONA is the team work and the strengthening of trust. The games and activities we incorporate helps individuals to break down barriers and strengthen vision and relationships as a group.

- Legend of Rock- story and activity. Participants find a rock. Give their pain to rock and return rock to resting place. Letting go process.
- The Origin of Basket– story and activity. Participants will learn about learning a new skill, understanding patterns. Talking about different kinds of patterns that are carried on from one generation to the next. List positive patterns and negative patterns.
- Solitary activity– Family chart
- Team Trust– Building– increase trust, awareness, healing and help reinforce and strengthen the participants sense of belonging. These activities provide opportunities to integrate new participants.
- Games and role playing activities that build team trust, respect and listening skills.

Taking care of self

Healing is an on-going process.

- Faith– having a higher power helps us to give our pain away. It also reminds us to be thankful for everything. Learning to pray, self, our families, our community.
- Practice activities or find activities that inspire healing process

Closing

A healing ceremony and team huddle on the outcomes of the Mastery component and prepare for the 3rd component. INTERDEPENDENCE

Hualapai Health, Education & Wellness • Healthy Heart, Healthy Brain

Submitted by: Amy Siyuja | Hualapai Health, Education & Wellness

Healthy Heart, Healthy Brain...

The River of Life Flows Through the Heart, Protecting the Mind and Body

Everyone slows down as they get older, both in body and mind. But big changes with forgetfulness, thinking, or how you solve problems that make it hard to get through the day don't happen to everyone. These changes could be a sign of early dementia or Alzheimer's disease.



5.7 Million

Americans have Alzheimer's disease



1 in 10

People age 65 and older has Alzheimer's

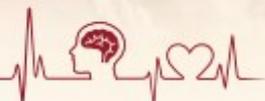


1 in 3

American Indians over 65 develops dementia, including Alzheimer's

Elders with **heart disease, high blood pressure, or diabetes** have a much higher risk of developing Alzheimer's or other dementias.

Key steps you can take for a healthy mind, heart, and body:



- ◆ **Call your doctor** today for an appointment to talk about how to keep your mind and heart healthy.
- ◆ **Schedule** "wellness" checkups and health screenings every year. Blood pressure and diabetes screenings are usually free with Medicare Part B or through the Indian Health Service.
- ◆ **Get a little exercise** every day.
- ◆ **Eat more fresh fruits and vegetables** and foods low in salt and sugar.
- ◆ **Stop smoking** and chewing tobacco.
- ◆ **Get help** managing high blood pressure, diabetes, high blood cholesterol, and depression or anxiety.
- ◆ **Protect your head.** Falls are the number one cause of head injury in older adults.
- ◆ **If you have trouble** with memory or forgetfulness that makes it hard to get through the day, see your doctor right away.

You can do things today to protect your mind and help try to prevent or slow dementia and Alzheimer's disease.

Turn over for your checklist to help keep the river of life flowing freely. 

Keep Your River Flowing ...

Your heart is like the start of a free-flowing river. Veins and arteries that take blood away from and to the heart are like many connected small streams that flow all through the body, including the brain, feeding it with oxygen and energy.

You have to work to keep the streams flowing through your body from becoming clogged and the heart from being hurt.

Working with Your Doctor

- ◆ **Make an appointment** for health screening tests and “wellness” checkups every year. They are usually free with Medicare Part B or through the Indian Health Service.
- ◆ **Have your blood pressure checked** regularly and know your numbers. A blood pressure of less than 120/80 mmHg is normal.
- ◆ **Ask your doctor** to go over how to measure and track your own blood pressure results and find out where you can go in your community to check your blood pressure yourself.
- ◆ **Have your cholesterol checked** regularly and know your numbers. Talk to your doctor about what you can do if your cholesterol is high.
- ◆ **If you do not have diabetes**, have your blood sugar level checked regularly. Blood sugar should be less than 100 mg/dl.
- ◆ **If you do have diabetes**, have your blood sugar and A1C levels checked regularly, and work with your doctor to get them to normal levels. Your A1C should be less than 5.7%.
- ◆ **Talk with your doctor** about your medicines and vitamins to make sure they do not cause problems with your memory, sleep, or brain function.

Working on Your Own

- ◆ **Be active** or walk every day. Try to get 1 ½ - 2 hours of exercise each week.
- ◆ **Eat more fruits and vegetables** and less salt and sugar.
- ◆ **Take your medicine** for blood pressure and diabetes even if you feel good.
- ◆ **If you smoke** or chew tobacco, stop. Talk to your doctor if you need help quitting.
- ◆ **If you are overweight**, try to lose weight with exercise and a healthy diet. Losing even a few pounds can make a difference. Talk to your doctor for help.
- ◆ **Read food labels** to see how much salt (sodium) or fat is in your food. If you don't know how to read food labels, ask your doctor for help.
- ◆ **Limit alcoholic drinks**. No more than one drink per day for women and no more than two for men. Talk to your doctor if you need help.
- ◆ **Get at least seven hours of sleep** each night. Talk to your doctor if you have trouble sleeping.
- ◆ **Keep your mind active**. Go out and visit with people in your community, take classes, go to your senior center, play cards, and visit with others.



Hualapai Substance Abuse & Prevention Education • Taking Care of Youth Who Have Diabetes

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness



National Diabetes Month 2020

November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on taking care of youth who have diabetes.

Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old. Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to help your child or teen develop a plan to manage diabetes, and work with their health care team to adjust the diabetes self-care plan as needed.

Here are some tips to consider for your youth's diabetes self-care plan.

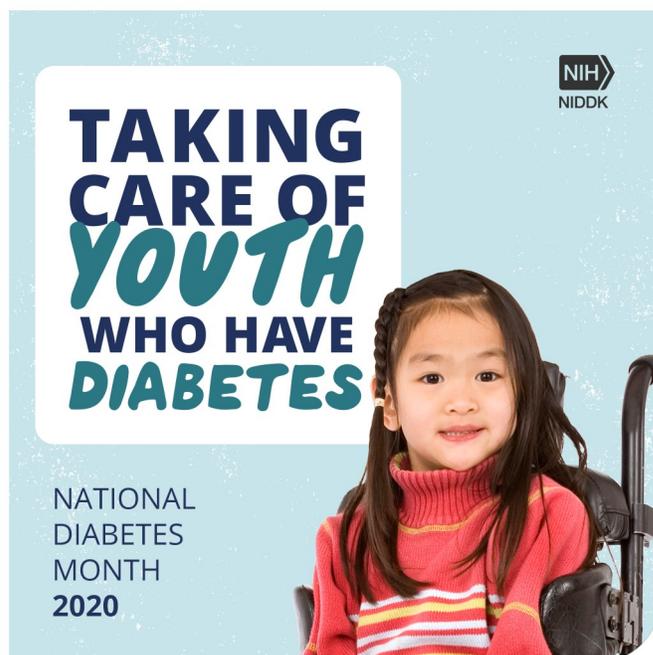
- **Manage blood glucose levels.** Make sure your child or teen takes their medicines as prescribed, at the right time, and the right dose—even when they feel good or have reached their blood glucose, blood pressure, and cholesterol goals.
- **Encourage healthy habits.** Follow a healthy eating plan (especially if your youth is taking insulin), get enough sleep, and aim for regular physical activity. Youth with type 1 diabetes should also check their blood glucose levels before, during, or after physical activity.
- **Stay prepared for emergencies.** A basic “go-kit” could include
 - medical supplies and equipment (at least a week's worth)
 - emergency and health care professional contact lists
 - a medication list, including doses and dosing schedules, and an allergy list

Face coverings, hand sanitizer, and disinfecting wipes may also be added to your “go-kit” during a pandemic.

- **Monitor for diabetes complications.** Early diagnosis and treatment can help reduce risk for heart disease, vision loss, nerve damage,

and other related health problems.

- **Seek mental health support.** Encourage them to connect with other youth who have diabetes. Youth may not be used to talking about feeling anxious or alone about their diabetes. Speak with your health care team for help.



Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to work as a team with your child or teen and their health care providers to develop a diabetes self-care plan.

November is National Diabetes Month! This year's focus is on taking care of youth who have diabetes. Visit our webpage for tips on creating a diabetes self-care plan.





National Institute of
Diabetes and Digestive
and Kidney Diseases

www.niddk.nih.gov



Diabetes

Fast Facts

- Diabetes occurs when your blood glucose, or blood sugar, is too high.
- Over time, high blood glucose can cause serious health problems.
- The most common types of diabetes are type 1, type 2, and gestational diabetes.

What You Need to Know

You can lower your risk for type 2 diabetes

You are more likely to develop type 2 diabetes if you are age 45 or older, have a family history of diabetes, are overweight, or are a woman who had gestational diabetes during pregnancy. Ask your health care professional what steps you can take to prevent or delay diabetes.



Being active and maintaining a healthy weight are important for staying healthy.

Diabetes is a serious condition

Over time, high blood glucose can lead to health problems such as heart disease, stroke, kidney disease, nerve damage, and eye problems. Managing your diabetes can help prevent or delay diabetes-related health problems.

You can take steps to manage diabetes

Work with your health care team to create a plan to manage your blood glucose, blood pressure, and cholesterol. To stay healthy, take medicines as directed, follow a healthy eating plan, stay at a healthy weight, be more physically active, and if you smoke, get help to stop.

To learn more, visit NIDDK's website at www.niddk.nih.gov or search online for "NIDDK" and "Diabetes."

Contact Us

NIDDK Health Information Center

- Phone: 1-800-860-8747; TTY: 1-866-569-1162
- Email: healthinfo@niddk.nih.gov
- Hours: 8:30 a.m. to 5 p.m. eastern time, M-F

This content is provided as a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health. The NIDDK explains and shares research findings to increase understanding about health and disease to patients, health professionals, and the public. Content produced by the NIDDK is carefully reviewed by NIDDK scientists and other experts.

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National Institute of
Diabetes and Digestive
and Kidney Diseases

National Drunk and Drugged Driving Prevention Month—December

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness

National Drunk and Drugged Driving Prevention Month - December

Each December, we go out for fun, parties and drinks with family and friends. But we ask you to stop and think for a second about being responsible. December is National Drunk and Drugged Driving Prevention Month and since the holiday season has a higher accident rate than others on average, it is important to echo the message of consciousness of being in a proper state behind the wheel. According to the National Safety Council, over 40,000 people died in alcohol-related traffic accidents last year. So this year, stay safe during the holidays.

HISTORY OF NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH

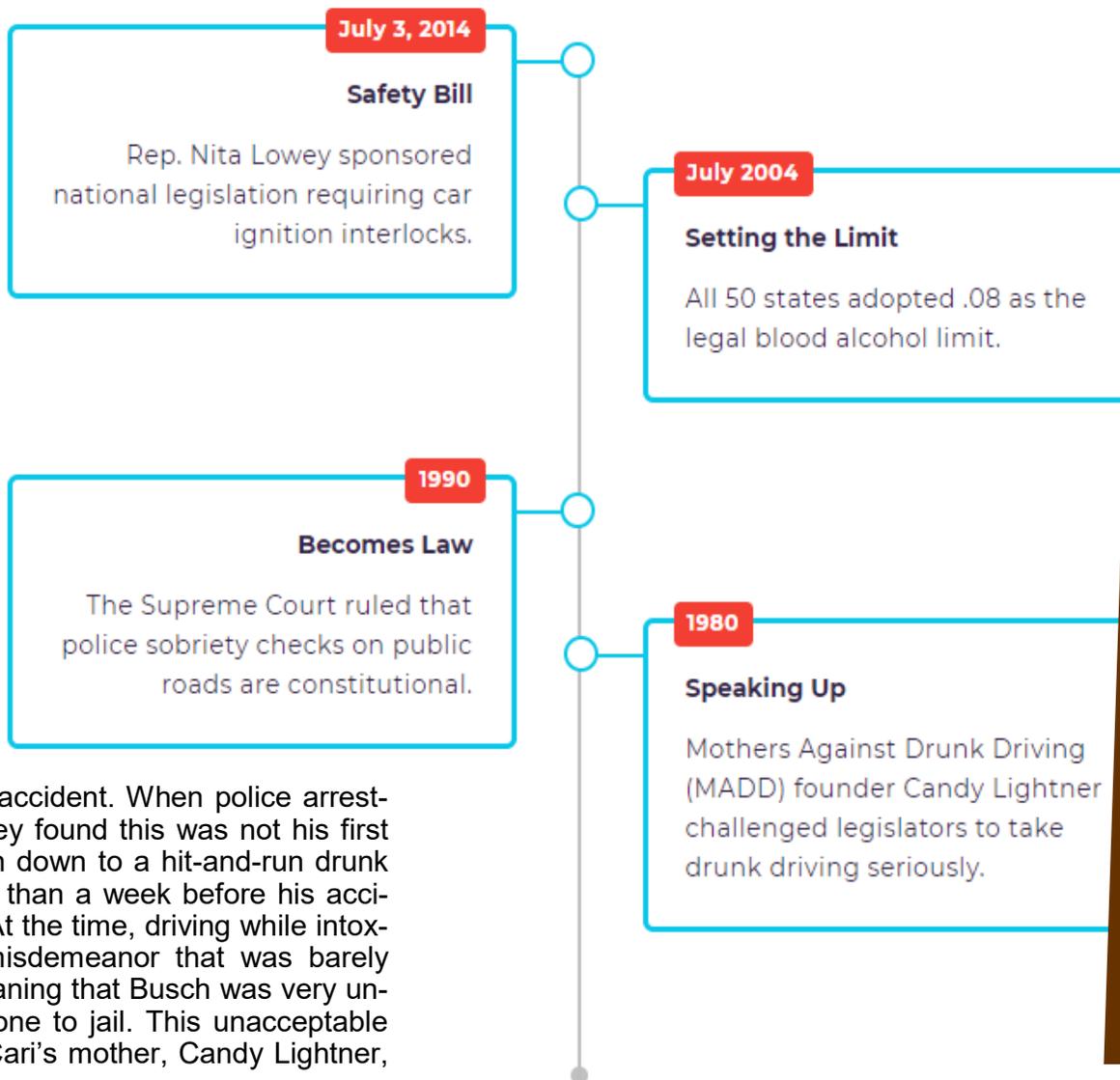
Since 1981, high officials all across America have worked their hardest promoting the importance of

staying sober while driving during the month of December, proclaimed National Drunk & Drugged Driving Prevention Month or National Impaired Driving Prevention Month, and it all stemmed from one woman and her resolve.

On May 3, 1980, thirteen-year-old Cari Lightner was struck and killed by Clarence Busch in a drunk driving accident. When police arrested Clarence, they found this was not his first occurrence, even down to a hit-and-run drunk driving fine less than a week before his accident with Cari. At the time, driving while intoxicated was a misdemeanor that was barely prosecuted, meaning that Busch was very unlikely to have gone to jail. This unacceptable fact motivated Cari's mother, Candy Lightner,

to take action. The result was the non-profit organization known as MADD, Mothers Against Drunk Driving. Candy's movement quickly grew across the nation. She pushed to a more strict definition of what drunk driving was, having legislators pass stricter laws and prosecutions that included jail time and license suspensions, up to having President Reagan establish 21 as the minimum drinking age and appointing Lightner as part of a commission developed to tackle the issue. To this day, Candy continues to advocate for anti-drunk, drugged and distracted driving legislation as president of We Save Lives. "I am not against drinking. I am for responsible drinking. We don't let people walk around with a loaded gun in our neighborhood. But we let them drive when they drink."

NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH TIMELINE



HOW TO OBSERVE NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH

1. **Do a sober period.** During December, try to challenge yourself and set a period of time without drinking alcohol. Be it one week, two weeks, make it as long as you would like. You may even see some benefits on laying off the drinks for a while, save money, lose weight, and much more.
2. **Take a cab or use a ride-sharing app after a party or visiting a bar.** No one says you can't party and let loose for a while. But if you've had too much, get home safely. Call a cab, or better yet, use your ride-sharing app and let the professionals do the driving. That way, you'll be around for the festivities next year.
3. **Be a Designated Driver.** You'll make a great impression for being the one friend others can trust to drive back home. It is an overall small sacrifice for a night that won't affect your chances to have a great time, so offer yourself up and give your friends a helping hand!

5 FACTS ABOUT DRUNK DRIVING

1. **27 people daily.** Is the amount of people who die in a drunk driving accident in the US
2. **South Africa has the highest rate.** Around six out of every ten fatalities on South Africa's roads are drunk-driving related accidents.
3. **The first ever arrest was in 1897.** George Smith was the first person ever convicted of drunk driving after he slammed his cab into a building.
4. **The two deadliest holidays.** On Average, New Year's Eve is the day with most DUI arrests, but Fourth of July has the most drunk driving related deaths.
5. **There is no "sobering" element.** Neither coffee or showers will make a person sober up, only time does.

WHY NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH IS IMPORTANT

- A. **Traffic-related deaths spike between Thanksgiving and New Year's Day.** With all the drinking during the holiday season, it's not a stretch to see why so many people are dying on the roads. Consider this dread-

ful statistic: Over 45 people are killed each day by an alcohol-impaired driver and those numbers climb at the end of the year. Additionally, in 68 percent of traffic fatalities involving a drunk driver, there was a Blood Alcohol Concentration (BAC) of 0.15 or higher with the legal limit being 0.8.

- B. **Drugs also contribute to traffic deaths.** Mothers Against Drunk Driving (MADD) has expanded its mission statement to include drug-impaired driving. Mixing alcohol with opioids may increase a driver's sedation, which can lead to serious consequences on the road. In 2017, researchers at Columbia University reported a seven-fold jump (since 1995) in the number of drivers killed while operating a vehicle under the influence of prescription drugs.
- C. **Pedestrian deaths increase.** It's especially true on Fridays, Saturdays, and Sundays when holiday parties are in full swing and the bars are packed. So the fatality risk goes both ways. It's more likely that an alcohol or drug-impaired driver will accidentally kill either themselves, their passengers, or a pedestrian — or that an inebriated pedestrian will walk into the path of an innocent driver.

NATIONAL DRUNK AND DRUGGED DRIVING PREVENTION MONTH DATES

Year	Date	Day
2020	December 1	Tuesday
2021	December 1	Wednesday
2022	December 1	Thursday
2023	December 1	Friday
2024	December 1	Sunday



Hualapai Substance Abuse & Prevention Education • Drowsy Driving Prevention Week

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness

NOV. 1-8 IS DROWSY DRIVING PREVENTION WEEK

Thanks to the National Sleep Foundation (NSF), Nov. 1-8, 2020 is Drowsy Driving Prevention Week. It makes sense when you consider that we “fall back” to Standard time this week, which affects our sleep pattern. The goal of their annual campaign is to reduce the number of drivers who drive while sleep-deprived by raising awareness and education about the dangers of drowsy driving and how to prevent it. There are many dangers associated with driving drowsy and the alarming statistics presented in this article show why we need to raise awareness.

Drowsy driving accident statistics

According to the NSF:

- One out of every 10 drivers have fallen asleep behind the wheel.
- One out of every eight car accidents that lead to hospitalization is caused by drowsy driving.
- Drowsy driving car accidents are responsible for 6,400 deaths each year.
- About half of U.S. adult drivers admit to getting behind the wheel while feeling drowsy on a regular basis.
- About 20 percent of drivers admit to falling asleep behind the wheel at least once in the past year and 40 percent admit to it at least once since they got their driver’s license.

According to the National Highway Traffic Safety Administration, every year about 100,000 police-reported crashes involve drowsy driving. These crashes result in more than 1,550 fatal car accidents and 71,000 injuries annually.

How does drowsiness affect our driving ability?

It may come as a surprise to some but driving while drowsy creates similar impacts on our driving abilities as driving under the influence of alcohol. A person who has gone more than 20 hours without sleep has the same driving impairment as a person with a blood-alcohol concentration of 0.08% – the U.S. legal limit. Drivers are three times as likely to get into a car accident when they are fatigued as they are after a good night’s rest. Even when a driver only falls into a “micro-sleep” for a few seconds, they are at risk of running themselves off the road or crashing into another person or vehicle.

Prevent a drowsy driving accident

- Stage an intervention: drowsy driving is especially common with drivers under the age of 25, who make up about half of all drowsy driving collisions.
- Drivers should avoid driving in the middle of the night or at other times when they would normally be sleeping. If this can’t be avoided then a nap should

be taken before heading out.

- Drivers should never get behind the wheel after taking medication that has a drowsy side effect.
- If a driver gets behind the wheel and feels themselves nodding off; they should pull over and take a nap.
- Drive with another person on long road trips.
- Leave enough time to reach your destination so that you can take a break to sleep.

If you were injured because of a driver who fell asleep at the wheel, you deserve full compensation for your injuries, medical bills and lost wages.

Seek the help of a car accident attorney

If you or a loved one was injured because of the negligence of another, contact a personal injury lawyer to discuss your legal rights. Let an experienced car accident attorney fight for the full compensation that you deserve. It is not uncommon to receive a settlement from the insurance company that is five to ten times larger with the help of a lawyer. Call the personal injury lawyers at Tario & Associates, P.S. in Bellingham, WA today for a FREE consultation! We have been representing residents of Whatcom County, Skagit County, Island County and Snohomish County since 1979. You will pay nothing up front and no attorney fees at all unless we recover damages for you!

**Text Hualapai1 to 91896
to receive text alerts**

Trash pick up will continue to be on Mondays and Thursdays

SUBMIT A WORK ORDER using **text messaging** to report an issue or make a work request.

Keywords:

- Wood** — wood chopping & deliveries from wood lot
- Sewer** — backed up toilets/sinks
- Home Maintenance** — homeowner maintenance issues
- Garbage** — Garbage hauling
- Funeral** — funeral requests
- Electrical** — power outages and street lights
- Roads** — potholes & road grading requests
- Water** — low water pressure & line breaks

Text one of the key words above to Hualapai Public Services:

(928) 756-8882

Hualapai TPWIC Partner • Hualapai Terms: In Honor of NAHM

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness

PREFACE AND ACKNOWLEDGMENT

This is the first and modest beginning of writing a grammar of the Hualapai language, a Pai branch of the Yuman language family. Although Hualapai includes at least four regional dialects, we have dealt in this volume with those forms which are commonly shared by these dialect speakers. Today Hualapai is spoke in and around Peach Springs, Arizona by approximately 1,000 people. The initial seed of preparing a reference grammar was put down in 1976 when the Hualapai Bilingual/Bicultural Education Program began a leap forward under the directorship of Mrs. Lucille J. Watahomigie. Since then, individuals involved in the program (Cheryl Beecher, Jorigine Bender, Jean Imus, Josie Manakaja, Malinda Powskey and Philbert Watahomigie) have been learning linguistic skills and methods in collecting data, and have been preparing themselves for this task. The goal of such training has been and will continue to be to become Hualapai linguists and educators.

The reference grammar is just a part of a larger work which has been undertaken by the Bilingual/Bicultural Program and we have expressed our basic philosophy toward the Hualapai traditions—language and culture, elsewhere. Our hope is that the Hualapai language will now be recognized by the Hualapai people as well as people outside of this community to be a vital part of the people’s lives. Without language, we not only fail to communicate with each other in our daily life, but also we cannot even retain our own self-concept.

This grammar is intended to be used by a variety of people:

- 1) By the Hualapai people to reaffirm the vitality of the Hualapai language and to continue making the language an inseparable part of their traditional and contemporary life;
- 2) By the Hualapai teachers in their preparation of language materials for teaching the language to the younger generations;
- 3) By the younger Hualapais to find the regularity and complexity of the language;
- 4) By the linguists who study a variety of Yuman languages to describe the complexity of the languages and the history of Yuman languages and peoples;
- 5) And by a general public to see for itself the richness of the Hualapai language.

We have introduced some of the linguistic terms in the hope that some of the readers will continue reading more linguistic materials that are already available in manuscript or published forms. The book consists of six parts. We will briefly summarize each part.

Part I: Introduction

Chapter 1 (Development of the Hualapai Writing System) is the only technical chapter in this book. It reviews how a writing systems has been selected for the Hualapai language. Perhaps the most important point in this chapter is the discussion of the need for cooperation among the community people, the Bilingual/Bicultural Education Program Director and the staff, the school administrators and the linguists for the healthy and successful development of a language program in a Native American community. Chapter II explains the alphabet and how each letter is pronounced. The readers are urged to read this chapter before they proceed to further chapters.

Part II: Simple Sentences—An Overview.

This part deals with the basic structure of Hualapai sentences. Chapter I discusses two important characteristics of the language: 1) each of the nouns in a sentence has its ending which indicates the specific function of it—as an actor, an object, a location, a tool and so on, and, 2) the verb in a sentence also has its ending called an auxiliary verb. The relationship between a verb and an auxiliary verb is presented in detail. Chapter II summarizes different types of sentences—how they are formed and what they mean. These types include the statement sentences (called “declaratives”, question sentences (called “interrogatives”), command sentences, negative sentences and nominal predicate sentences (e.g., I am Hualapai).

Part III: Elements of the Sentences—Noun Phrases.

Each of the chapters in this part is an expanded discussion of the nouns and pronouns introduced in Part II. In addition to details of nouns and pronouns, Chapter IV deals with several ways to form compound nouns and to make verbs into nouns (i.e., the process called “nominalization”).

Part IV: Elements of the Sentences—Verb Phrases.

This part deals with verbs in detail. The Hualapai language has an interesting array of verbal expressions—verbs of putting things on, of kinship relations, of emotions and of directions. These are exemplified in Chapter I. A particularly interesting chapter is on sound symbolism (Chapter III). One sound indicates something large and another sound something small, and these sounds are used in words to form contrasting pairs.

Part V: Useful Expressions.

A collection of useful expressions is presented in this part. Each of such expressions is formed in a unique way in the language. These include the modal expressions such as pretending, wanting, supposing and reaffirming; expressions of habit and repetition; degree expressions such as only, some, very or extremely; and so on.

Part VI: Expanding Sentences.

Part VI deals with the way in which sentences can be expanded into longer and more complex ones.

Part VII: Epilogue.

Finally in this section we note some of the topics which will be covered in the second volume of Hualapai Reference Grammar.

A language is as complex and delicate as its users, and Hualapai is no exception. This book barely touches a tip of an iceberg but we hope that we have given sufficient excitement and encouragement for the readers to engage in further works on the Hualapai Language.

For several years before we began writing this volume, we have taped and transcribed the speech of older members of the community; we have consulted extensively with them during the analysis and writing sessions. Thus, during this project innumerable people shared their knowledge and wisdom with us and many of them actively participated in the preparatory work for the completion of this book. Although words cannot describe their invaluable contribution, we want to express our gratitude and appreciation to the following people. Any mistakes that may be found in this book are of course due to our limitations and ignorance and they are not to be associated with any of these people. Names are alphabetically ordered.

Native Speakers as Consultants: Agnes Havatone, Jane Honga, Robert Jackson, Betty Lane, Maime Machada, Adam Majenty, Elnora Mapatis, Annie Querta, Eva Schrum, Maude Sinyella and Myrtle Watahomigie.

Tribal Chairmen: Earl Havatone, Sterling Mahone and Wilfred Whatoname.

Peach Springs School District #8 Superintendent: Michael Reed.

We are grateful to Leanne Hinton, a Yuman linguist, musicologist and superb teacher, who carefully and critically read the manuscript and made numerous and invaluable suggestions. We owe her especially for the inclusion of the sections on “sound symbolism” and “nominalization”.

We express our appreciation to Dr. Margaret Langdon, a Yuman linguist, who reviewed this manuscript and gave us her enthusiastic support for publishing it. Our thanks go also to Dr. Karen Booker, a Muskogean linguist, who made insightful comments and suggestions for improving the manuscript. We owe Mr. James R. Young of the American Indian Studies Center, Publications Coordinator, for his whole-hearted support in bringing this work together for publication.

We would like to express our gratitude to the following for their generous financial assistance: American Philosophical Society, Phillips Fund (Summers of 1974 and 1980) and the National Endowment for the Humanities, Summer Stipend FT-10810 (Summer, 1980). This project was made possible also by a grant to the Peach Springs School District from the United States Office of Bilingual Education, Title VII of the Elementary and

Secondary Education Act of 1965, Project #403CH90339. The opinions expressed herein do not necessarily reflect the position or policy of the U.S. Office of Education, and no official endorsement by that office should be inferred.

Hualapai Reference Grammar
American Indian Studies Center, UCLA, Los Angeles, CA.

Nouns

Kinship Terms

áwa	one's son's child/grandchild
a:wa	grandchildren
báya	female cousin
bi:	female's brother's child
dála	father
diyúch	relative
cf. diyu:ch	relatives
cf. diyévi	relatives (general/many)
gínya	younger sibling
cf. gi:nya	younger siblings
cf. gi:nyk	to have a younger sibling
góda	mother's mother
gwáwa	mother's father
gwéla	mother's brother
humé(')	son
cf. humáy	sons
jída	mother
jiga:va	male cousin
kácha/nukácha	male's step-child/step-father
ko:	one's daughter's child
kunyé'	son-in-law/female's step-son
lowá'	wife
cf. luwá'/lowa:/luwa:	(spelling variation)
míla	mother's younger sister
mónya	father's mother
nabó'	grandfather
cf. nabo:	(spelling variation)
naja:	father's younger brother
ngajá'	male cousins
cf. nigajáh	(spelling variation)
nibí'	father's sister
cf. nibi:	(spelling variation)
nithí	mother's older sister
nithi:	(spelling variation)
níya	older sibling
cf. ni:ya	older siblings
cf. ni:(y)k	to have an older sibling
no'	female's older sister's child
cf. no:/hno'	(spelling variation)
núda	male's female cross-cousin
nuwí	father's older brother
nyahmí'	husband
su:ja	male's older brother's child
tháwa	female's daughter
viché'	male's daughter
cf. vche'	(spelling variation)
vnye'	daughter-in-law/female's step-daughter
wána	male's sister's child
cf. hwána	(spelling variation)

wísa	female's younger sister's child	gwégidáyya	player (e.g., sports)
Persons		gwégija:	musician
aba:	man/person	gwégisi:da	reader
cf. 'ba:/ba:/ba'	spelling variation	haygú	whiteman
badáy	old man	haygú-githyé	doctor
bakhé'd	policeman	hmany	child
baqí	woman	cf. hma:ny	children
baqu:	women	hme:	boy
dinyú:d-bak'ú:wo	teacher	cf. hme'	(spelling variation)
dinyú:da-gwám	mailman	cf. hma:d	boys
githyé'	medicine man	Hwalbáy	Hualapai (people/ language)
cf. githyáy	medicine men	misí'	girl
givsó	herder/farmer	cf. misi:	(spelling variation)
gwagúy	old lady	misí(')qéch	little girl
cf. qamwídm	(spelling variation)	cf. msi(')qéch	(spelling variation)
gwédamúna	ice-maker	nuwa:	friend
gwédathgwíla	washer/cleaner	cf. nowa:	(spelling variation)
gwéjadi:	ghost	waksígniyhád(a)	cattleman
cf. gwéjidi:	(spelling variation)	waksígwíj	cowboy
gwéjiviya:da	pilot		
gwégida'óla	cook/chef		
cf. gwégid'óla	(spelling variation)		

The Real Thanksgiving Foods • Native American Pow Wows

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness



Turkey, Mashed Potatoes with gravy, Bread Stuffing/Dressing, Cranberry Sauce, Three Bean Casserole, Macaroni & Cheese, Sweet Potatoes, Pumpkin Pie ... traditional Thanksgiving foods right?

Well, they are traditional Thanksgiving foods in

the sense that Americans have been eating some of these foods and other foods as Thanksgiving staples for over 200 years. But are they the traditional foods of the earliest Thanksgiving or what is often called The First Thanksgiving? Not really.

HISTORY

One must remember that the Puritan Pilgrims were not the first to celebrate a Day of Thanksgiving as European Colonists to the New World. Feasts of Thanksgiving and Harvest Gatherings were long practiced and well estab-



lished among the Native Americans long before any Europeans came to the New World. Also, Thanksgiving Feasts had already been celebrated by Spanish, Dutch, and French Explorers in the New World on both the East Coast and the Great South West long before the Puritan Pilgrims.

English settlers in the Virginia Jamestown Colony also had Feasts of Thanksgiving before the arrival of the Puritan Pilgrims to present day Massachusetts. Thus the Thanksgiving of 1621 with the Puritan Pilgrims that get so much credit for the "Holiday" was far from the first Thanksgiving with European visitors here in the New World. For this analysis, we shall look at the foods of the Thanksgiving Feasts at Jamestown, VA and Plymouth, MA.

FOODS

First, take a look at the Thanksgiving with the Jamestown Colonists. Jamestown was settled in 1607 and the main Native American Tribes in the area was the Powhatan Confederacy. The first couple years of the Jamestown settlement were a total disaster. It was not until John Smith laid down the law so to speak along with the help of the Native Americans and some British supply ships that the colony



was able to even survive.

Some foods at the Jamestown Feast would have been:

Meats: Deer, Turkey, Duck, Goose, Rabbit, Chicken

Seafood: Fish, Shrimp, Clams, Oysters, Scallops, Crab, Lobster

Vegetables: Corn, Beans, Squash, Pumpkins, Wild Onions, Sweet Potatoes, Carrots, Cabbage, Collards,

Fruits: Blueberries, Blackberries, Strawberries, Grapes, Plums, Raspberries

Other: Walnuts, Acorns, Pecans, Sunflowers, Grain Breads, Grits, Eggs, Cheese

Next, take a glimpse at the Thanksgiving among the Puritan Pilgrims or the so called "First Thanksgiving" at Plymouth. They would have had some of the following foods:

Meats: Deer, Turkey, Duck, Goose, Swan, Chicken

Seafood: Fish, Shrimp, Clams, Oysters, Crab, Lobster, Eel, Mussels

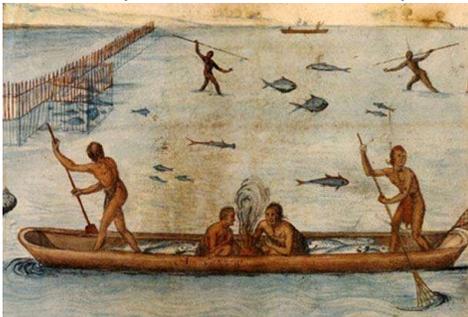
Vegetables: Corn, Beans, Squash, Pumpkins, Wild Onions, Native Turnips, Carrots, Collards, Cabbage

Fruits: Blueberries, Cranberries, Grapes, Plums

Other: Walnuts, Acorns, Popcorn, Maple Syrup, Chestnuts, Hickory Nuts, Grain Breads, Eggs, Cheese

FOOD USE

The main meats for both Jamestown and Plymouth would be deer and seafood. Other meats would also include fowl and specifically that of turkey, duck, goose and even swan. The Europeans would have no problems with cooking and eating deer, duck, goose or rabbit. The American Wild Turkey would be something new. The Turkey is indigenous to The New World. It did remind the Europeans of the Guinea Fowl and they made the mistake of calling it the Turkey Fowl as the Guinea was imported to Europe via Turkey.



Grain breads as well as chicken, eggs, and cheese and would have been provided by the Europeans as they raised chickens they had brought over as well as produce cheese from goats also brought over. While seafood was not new to Europeans, the British Colonists however, were not as avid seafood consumers as some Spanish and those from the mainland of Italy. Aside from basic fish, Brits were not large consumers of oth-

er seafoods like clams, oysters, lobster, scallops, crab, mussels and eel and more that were very popular and common among the Native Americans on the East Coast of the New World.

Vegetables of the New World were vast and many. But they varied also by location and climate. For example while cranberries were a staple of the Native American Tribes in what would be called the New England area, they were not common among what was the Virginia Tribes. On the other hand, the sweet potato (not a real potato) was common in the South East but not in the North East.

One food common across all of Native America from the Atlantic to the Pacific would be Corn. Of course the term "corn" is really the English word for any type of grain. In fact the word "corn" was a synonym for "grain" in the English language and would include all grains: wheat, barley, rye, oat, and more. Any new grain that the English came across in exploration across the globe was automatically referred to as "corn."

To specify this new grain of the Native Americans, the Europeans began to use the term "Indian Corn." But in actuality all corn is "Indian Corn" as what became known as corn was introduced to the world by the American Indians. Over time a grave mistake was made in referring to all yellow corn or hybrid corn as just "corn" and any "colored corn" as "Indian Corn." Trying to correct this measure has been absolutely moot for hundreds of years. Another error in the naming of an indigenous food is that of the lonely sweet potato and mistakenly calling it a yam. The sweet potato is not a potato at all and has nothing to do with the potato family. This starchy edible is really a member of the Morning Glory family and grew only in the New World.

It was not until the Europeans came across the white potato that they gave this the name sweet potato as it had more sugar and thus it was sweet. Calling this new vegetable a yam came from the African Slaves. The sweet potato heavily reminded them of the yam they knew of in Africa. The misnomer stuck and even today the USDA still uses the word yams when referring to sweet potatoes.

Contrary to popular belief, apples and potatoes were not a part of any of the Thanksgivings before the 18th Century. While the potato was a Native American food and only indigenous to the New World, it was a product of South America and did not arrive into North American until the 18th Century.

So that means no potatoes or potato items (no mashed

potatoes and gravy) at the Thanksgivings of Jamestown or Plymouth. Apple trees had not been established yet in the New World.

Also contrary to so called non-Native authoritarians of the Pilgrim Thanksgiving saying there was no popcorn and or any kind of desserts, they are very mistaken. It has been said by both the English and the Dutch of the New England Thanksgiving that the Native Americans appeared with all kinds of foods including "...skins of popped corn...."

Seeing that the Wampanoag did not have barley, wheat, oats, or rye, we know that none of those was the "popped corn" the English or Dutch spoke of. Also wild rice was not as common among the Wampanoag and then we know that the "popped corn" in the skins from the Wampanoag was some kind of popped corn.

But one thing is for certain there were no pies as of yet. So there was no apple pie, no pumpkin pie and not sweet potato pie. That would come much later. But with the various breads of the Europeans and the addition of Native American fruits and Maple Syrup in the North East there would have been what one may call crude cobblers, sweet breads and or actually English Puddings.

CONCLUSION

Just about all the foods written about in this paper would have been provided with the help of the Native Americans either by direct supply or by the teachings from them to the Puritans and to the Jamestown settlers on how to grow certain crops. The English and the Dutch would have provided foods that they grew but we must remember that most of the crops they grew were indigenous to the New World as given them by the Native Americans.

The only difference is that the Europeans would have what would appear to be strange cooking habits of the foods the Native Americans were accustomed to eating. The Europeans would also have provided various breads from the grains they brought over as well as from the new grains they now encountered in the New World. They would also have their domesticated animals of chickens and goats to provide eggs and cheese.

Of course the meal most Americans have today is not as grand as these huge 3-4 day feasts of the past. Whether you prepare foods of the past or foods of the present and whether you want to be historically accurate or very new wave, the main purpose is that you give Thanks for the opportunity to enjoy a holiday of family, friends and loved ones.

The Ultimate Guide to Staying Fit During the Pandemic

Submitted by: Jessica Powskey | Hualapai Health, Education & Wellness



friends, you can't catch the latest blockbuster at the cinema, and you can't hit the gym to get your endorphin fix pumping iron or doing a session on the cross-trainer.

For some people, the excuse of not having to go to the gym has been a blessing, but for many gym bunnies, not being able to access fitness classes and equipment has been pretty devastating. You may have been working towards a fitness goal, or you might have been trying to lose weight before Covid-19 put a halt to your weekly Zumba class. Don't use the pandemic as an excuse not to keep fit. Take a look at how you can stay trim during the coronavirus pandemic.

THE ULTIMATE GUIDE TO STAYING FIT DURING THE PANDEMIC

When the coronavirus induced lockdown descended, many people reached for the crisps, chocolate and fat-laden foods as a form of comfort. Life has changed immeasurably in such a short space of time, which means that our mental health has taken something of a hit. Even those people who rarely let anything get to them have found anxiety creeping into their everyday existence. No longer can you head out for dinner with

Get on your bike

If you haven't ridden a bike since you were a child, now might be the time to get back on two wheels. Cycling can be the ultimate way to keep fit, enjoy the



outdoors and keep socially distant to others. Being outdoors is excellent for your mental well being in any case. Being amongst greenery, nature and allowing the sun's rays to hit your skin can release your happy hormone dopamine and negate the effects of the stress hormone, cortisone.

If you are eager to get back into cycling and you have a bike that needs a bit of a clean in your garage, think about heading to a site like NetVoucherCodes.co.uk. Here, you will find an array of discounts codes for cycle retailers such as market-leading Wiggle. If you spend £50, you can get £10 off your order. You can also head to Pro Bike Kit and enjoy using the vouchers provided to get money off your order. It doesn't matter whether you want a brand new bike or a new saddle for your cycle, using a voucher code to get it will help you watch the purse strings in these uncertain times.

Classes

As lockdown is easing, up to six people can meet outdoors if they remain two metres apart at all times. This has resulted in some personal trainers getting creative with their workouts. People have been meeting up in parks and wide expanses of greenery where there is plenty of space to enjoy a workout. You could enquire with your gym buddies to see if any outdoor workout classes are taking place. Staying in your own area and working on your own fitness amongst friends and with a motivating class teacher in front of you can help you to feel a little bit more normal once again. It can be difficult to quell your anxious feelings during the coronavirus pandemic, but getting outside and staying fit can help no end.

Stay indoors

If you don't fancy heading outdoors for your fitness fix, stay indoors and take advantage of the array of free online vlog sessions that gyms, personal trainers and celebrities have posted. Go onto YouTube, and you can take part in the PE sessions that Joe Wicks is posting for the children currently off school. Don't assume that the sessions are easy just because they are for little people. Joe Wicks will help you get your sweat on and have a challenging half-hour cardio workout.

You could also take a look at the more gentle and relaxing forms of exercise. Yoga has become very popular since lockdown began. Because yoga focuses on your frame of mind, your breathing and your thought processes as well as your posture and core strength, you get a great balance of exercise and wellness in one. There is an array of free online beginner sessions. Don't think that yoga is the realm of hippies, incense and chanting – it is so much more than this. You'll be surprised at

how much you sweat and how much you ache the day after. A good yoga session should help you clear your mind of negative thoughts, relieve your anxiety and tone up your muscles.

Eat well

Exercise isn't the only thing that you can do to stay fit and keep healthy. It's all too easy to pick up those biscuits because they are on offer in the supermarket or going for the pizza rather than the healthier pasta option because you feel for something comforting.



Because we cannot go out for dinner or grab a takeaway, we miss the social activity of having someone else cook for us and dining in fine surroundings. Instead, we have to cook for ourselves. We might grow tired of this and reach for convenience foods rather than healthier grub. Many restaurants have got into the lockdown spirit and have chosen to release some of their recipes. Pizza Express has an online guide on how to cook up their margherita and Wagamama have told the world how to make their katsu curry at youtube.com.

You could also use this time in lockdown to have a look at your old favourite recipe books and rustle up some gastronomic feasts. If you are keen to stay healthy go for some Chinese stir-fries with lean meats and fish. Consider some plant-based eating to limit your meat intake and lower the calories that you are consuming. Banish those snacks and sugar-laden goodies for a little while and swap them for fruit, nuts and healthier bakes. With a healthier diet, you can maintain your weight, feel fitter and lift your mood.

Don't think that you have to succumb to lockdown stagnancy. Instead, follow this guide and stay active and fit during the coronavirus pandemic.

Hualapai Tribal Practices for Wellness in Indian Country Strategies.

1. Family/Community activities that connect teachings to health and wellness.
2. Cultural teachings/practices about traditional health foods to promote health, substance and sustainability.
3. Traditional/Contemporary physical activities that strengthen wellbeing.

Non-Emergency

Medical Transport Program



Hualapai Transportation Local and Out of area

Out of area includes,
but not limited to:
Kingman, Bullhead City, Las Vegas,
Parker, Flagstaff, Tuba City, Prescott,
and Phoenix.

Ba'wa Siv: Jik
"Because We Think of Them"

Hualapai Health Department
488 Hualapai Way P.O Box 397
Peach Springs, AZ 86434
Telephone: 928-769-4188
Fax: 928-769-2881

Non-Emergency Medical Transportation Rider Rules

Riders have a responsibility to conduct themselves in a manner, which shows consideration for the comfort of other passengers. Toward that end, the NEMT has adopted the following Passenger Rules:

- **Alcohol**—There is to be **no alcohol allowed on transport vehicles, nor persons having an odor of alcohol.**
- Conduct—Obscene language, loud noises, or boisterous conduct is prohibited.
- Smoking - Smoking or carrying any lighted substance on board an agency vehicle is prohibited.
- Noise - Playing of radios, tape recorders or similar devices (other than by means of an earphone) is prohibited.
- Food - Consumption of food or beverages is prohibited.
- Graffiti - Any writing, spraying, scratching or otherwise affixing of graffiti on, or in, facilities or vehicles is prohibited.
- Seatbelts - Passengers must remain in their seats and wear seat belts at all times.
- Seating - Wheelchairs shall have priority over other persons seated in the wheelchair tie-down locations. Other seats are designated as courtesy seating for elderly and disabled.
- Please be ready for your ride early. Watches and clocks seldom agree, and an error of time may result in a missed transport.

Transportation Staff

Sandra Irwin, Health Dept, Director
Philbert Watahomigie Jr, Transportation
Manager

Kristina Shongo, Transportation
Administrative Assistant
Viola Gala, Transportation Driver
Marie Kisner, Transportation Driver
Sheilah Navarro, Transportation, Driver

Each Staff member is trained in vehicle and passenger safety, which includes use of seat belts, biohazard clean up. Drivers also receive CPR, First Aid, and defensive driving training. Transportation is provided to individuals who have a medical appointment, locally or out of area. These transports include the local IHS clinic, Kingman, Bullhead City, Las Vegas, Parker, Flagstaff, Tuba City, Prescott, and Phoenix. Funding is provided by the Hualapai Tribe or AHCCCS (if client is eligible).

Other transportation includes travel to Kingman to shop and other personal activities. **These individuals are charged \$10 per person for each 100 miles traveled. Medical transports take precedence over other types of trips. Also, all transports are subject to the availability of drivers.**



Hualapai Transportation Services offered for:

- Dialysis Treatment
- Medical Appointments
- Dental Appointments
- Optometry Appointments
- Discharge from Health Facility

Public Transportation offered by a state or local government is covered by Title II of the ADA.

We have vehicles that are accessible to those with disabilities, via ramps and securement devices

Our drivers are courteous and well-trained. Compliments, Complaints, Suggestions, and all feedback are welcome.

Complaints may be made by phone (928-769-4188), or in writing, to the Transportation Manager. The complaint will be documented and investigated in a timely manner

The ADA and Title VI complaint procedure is posted in each Transportation vehicle.

Steps to requesting Hualapai Non-Emergency Medical Transportation

Medical Transports:

- Client notifies IHS Purchase Referred Care Clerk, explains need of medical transportation.
- IHS Clerk will complete transportation forms and fax to the Health Department's Transportation Office
- Transportation Manager schedules the transport and assigns driver.

Non-Medical Transport

- **The request for non-medical transport is completed, and faxed, or brought to the Health Department, with the receipt obtained from the tribal office after paying the fee of \$10.00/100 miles.**

- Transportation Manager schedules the transport and assigns driver.

*** THINGS TO CONSIDER: ***

- **Request transportation 2 days in advance. Requests "on day" of transport may not be honored, due to scheduling.**
- If you are unable to make the scheduled transport, please notify the Transportation Program as soon as possible.
- Dialysis clients and requests for medical transport take top priority.
- Medical Facilities need to notify us directly, when clients are discharged.

Hualapai Non-Emergency Medical Transport Program Description

The Hualapai Health Department's Non-Emergency Medical Transportation (NEMT) Program, provides transport services for dialysis and non-emergency medical purposes.

Medical Transport Trips are requested through the Indian Health Service's Purchase Referred Care office, because they receive the appointment or admission information from the medical providers. The Purchase Referred Care Office personnel schedule the appointment and give the information to the NEMT Program.

The trips are provided between 8 AM and 5 PM, Monday through Friday. Saturdays are reserved for dialysis clients.

Other types of transports are provided for individuals who do not have a vehicle and whose income is limited. **Medical transports take precedence over other types of trips. Also, all transports are subject to availability of drivers.** Those trips may include; food, bank, shopping, pick-up or drop off at various places, trips to medical facilities where an immediate relative has been flown or taken by ambulance.

There are also trips requested and scheduled for individuals, not financially in need, who need to pick up a vehicle, shop for a program, and other social or program issues that may arise. The trips are available (if there is a driver/vehicle) between 8 AM to 5 PM, Monday through Friday.

COMMUNITY MESSAGES

Happy Birthday

Happy Birthday Awa-

My—years have come and gone by and you're grown up to be a young girl. Seeing you going through your milestones, someday you surprise me with the things you've learned and doing. Also, having you by my side teaching you cradle work and the little things we do. Well, a big hug to you on your birthday and "Happy Birthday!"

Love you, Monya Earldine

HAPPY
Happy Birthday

**This birthday shout out goes to my big sis,
 Tisha L. Watahomigie (11-15-1984)**

Sis, although you are gone, my love for you carries on... I love you and miss you everyday and on this day especially as me, you and mom would celebrate together. I wanna wish you a Heavenly Happy Birthday. I know you are up there with the rest of the fam—celebrating (and angels)

Happy Birthday Sis! I love and miss you!
 Continue to watch over me.

Love your lil sis, Leanne

HAPPY
Happy Birthday

**Woo-hoo Happy Birthday to my
 mom, MJ - Mary J. Manakaja
 (November 14)**

Mom, I hope that on this day, you enjoy your day regardless of all that is going on. I love you and will see ya soon! Hang in there and continue to be the strong person you are.

**Much love.
 Your daughter, Leanne**

KWLP Presents Two New Live and Local Radio Shows
Submitted by: Terri Hutchens | KWLP 100.9FM

KWLP is pleased to announce:

**TWO NEW Live and Local
shows joining **The Peach** line
up in November!**

Country music fans won't want to miss:

The OK Corral



Wednesdays 3 pm to 4pm —Hosted by:

Huckleberry Hopkins!

Listeners looking for more Native American
content, be sure to check out:



NATIVE CIRCLE

Sundays at 11:30 a.m. with:

Sarah Athabaskan

Also, fans of Tina the One and Only and **Soulful Moments** take Notice:

The show's new day and time is Saturdays 9:00a.m. til 11:00a.m.



WE LOVE OUR VOLUNTEERS

"The Peach,"

*The Hualapai Nation's Live and Local Radio Station
Proudly Announces and Congratulates
October 2020 Volunteer of the Month:*



Tina Zuerta



You know and love her as Tina the One and Only, host of Monday Nights Soulful Moments, and Tina the ORIGINAL Goda Girl, Co-host of Finally Friday Rock and Roll! Well this Fall Tina the One and Only has expanded her DJ Repertoire by starting an entirely new show: Soulful Saturdays, every Saturday morning 9 to 11. Start your week-end off right with some chill soul and the always clever and interesting talk of Tina the One and Only! Tune in! You'll be glad she is back, too! Tina is leading the Peach crew in returning to the airways live after Covid 19 shutdowns. We greatly appreciate her doing that, as all the other ways she has been getting back up to speed and helping out at the station: taking online classes, screening music & narrating books. Who knows... maybe our PEACH Mascot will Make an appearance at the Holiday Light Parade?! Tina will receive over \$100.00 worth of incentive as volunteer of the month and be eligible to be Volunteer of the Year! If you'd like to join the Peach volunteers: Call 769-1110. KWLP Volunteers sponsored in part by:

